For The Long Run®

WOODWAY®

Slat-belt Treadmills Sports & Fitness

Includes the models:

4Front
Desmo
Mercury
Path
Pro
Pro XL

Translation of the original German Operating Manual

Version: 02/2014-v1.0en

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1 Introduction

1.1 Operating Instruction Information

This manual provides information on the safe operation of the treadmill.

A condition for safe operation is compliance with all safety and operating instructions.

Read and observe the operating instructions!

Read these instructions carefully before beginning any work on the treadmill! It is a part of the device and must be kept accessible at all times and in the immediate vicinity of the treadmill for operating and maintenance personnel.

⚠ CAUTION

Improper operation can cause accidents!

Not using the treadmill as intended according to the manufacturer's instructions can cause accidents and equipment damage.

- ► These operating instructions must be completely read and understood before using the treadmill.
- ► Keep these instructions close at hand for all users of the device.

Observe the Instructions!

WOODWAY accepts no liability for accidents, equipment damage and consequences of equipment failure that are a result of failure to follow the operating instructions. In addition, the local accident prevention regulations and general safety conditions for intended use of the treadmill apply.

The manufacturer reserves the right to make technical changes in the context of improving the performance properties and further development without prior notice. Illustrations are for basic understanding and may differ from the actual design of the device.

Accessories from other suppliers have further safety regulations and guidelines. These must also be observed.

1.2 Limitation of Liability

All information and instructions in this manual have been compiled in accordance with applicable standards and regulations, the current state of technology and our knowledge and experience.

WOODWAY accepts no responsibility for damages resulting from:

- Disregarding the operating instructions.
- Improper use.
- Use by non-authorized persons.
- Use of replacement parts which were not approved by WOODWAY.
- Unauthorized modifications to the device or accessories.

WOODWAY GmbH general terms and conditions and delivery conditions apply, as well as the legal regulations valid at the time of contract conclusion.

1.3 Copyright

The release of the operating instructions to third parties without the written permission by WOODWAY is prohibited.

NOTE

All contents, text, drawings, images or other illustrations are copyright protected and are subject to intellectual property rights.
Any misuse is punishable by law!

Duplication in any manner and form - including excerpts - as well as use and/or communication of the content are not permitted without written permission from WOODWAY.

1.4 Replacement Parts

WOODWAY recommends the use original replacement parts. Original replacement parts have particular qualities and ensure reliable and safe operation;

- Developed for specific use with the device,
- Manufactured in high quality and excellence,
- Ensuring the legal warranty period
  (excluding wear parts) or other reached agreements.

NOTE

The use of NON-original replacement parts may change the characteristics of the device and interfere with the safe use!
WOODWAY does not accept liability for damages resulting from this.

Disposal! Wear parts are considered hazardous waste!

After being replaced wear parts must be disposed of according to country-specific waste laws.

For further information on disposal, see section 10 page 77.

1.5 Customer Service

For service questions contact the following:

WOODWAY GmbH
Steinackerstr. 20
79576 Weil am Rhein
Germany

Contact: Tel. +49 (0) 7621-940999-14
Fax. +49 (0) 7621-940999-40
Email: service@woodway.de

For faster processing of your request please have the following data and information available:

- Information on the nameplate (specific model/serial number)
- An accurate description of the circumstances
- Customer number (if available)
- What action has already been taken

Servicing: The address of your local service center can be obtained from the manufacturer. After repair or re-commissioning, the actions listed under "Installation" and "Commissioning" are to be performed as during commissioning.

DANGER

Danger of death by electric shock!

Maintenance and inspection work on the unit may cause serious or fatal electrical shock.

► Pull the power plug prior to any maintenance and inspection work on the equipment. The device must not be connected to the power!
► Ensure the device cannot be switched back on.

1.6 EC Declaration of Conformity

For The Long Run WOODWAY

CE EG-Konformitätserklärung
EC Declaration of Conformity

Hiermit erklärt der / *Hereby we declare*

Hersteller: / *Manufacturer:* **WOODWAY USA Inc.**

Adresse: / *Address:*
W229 N591 Foster Court
Waukesha, Wisconsin 53186, USA
Phone: +1 262 548 6235
E-Mail: info@woodway.com
Web: http://www.woodway.com

in eigener Verantwortung die Übereinstimmung der nachfolgend aufgeführten Produkte in der gelieferten Ausführung mit den grundlegenden Anforderungen der folgenden EG-Richtlinien, wie im Amtsblatt der Europäischen Union veröffentlicht:

in sole responsibility that the product in the form as delivered and described below is in conformity with the provisions and essential requirements of the following European Directives, as published in the Official Journal of the European Union:

Richtlinie 2006/95/EG (Niederspannungsrichtlinie)
Directive 2006/95/EC (Low Voltage Directive)

Richtlinie 2004/108/EG (Elektromagnetische Verträglichkeit)
Directive 2004/108/EC (Electromagnetic Compatibility)

Richtlinie 2006/42/EG (Maschinenrichtlinie)
Directive 2006/42/EC (Machinery)

Produktbezeichnung: / *Product type:* **Laufbandergometer für Trainingszwecke** / *Treadmill-Ergometer for Training*

Produktname: / *Product families:* **Desmo, Desmo H, Desmo HP, Mercury, Mercury H, Path, Path H, Pro, Pro XL, 4 Front** (Modelle ab Oktober 2012 / *models from October 2012 onwards*)

Die oben beschriebenen Produkte sind konform mit den folgenden anwendbaren, im Amtsblatt der Europäischen Union veröffentlichten, harmonisierten Normen:

Conformity to the Directives for the product described above is assured through the application of the following harmonised standards as published in the Official Journal of the European Union:

EN 957-1:2005, **EN 957-6**:2001 Classes: A, S, I

EN 60335-1:2002/A14:2010

EN 55014-1:2006/A1:2009, **EN 55014-2**:1997/A2:2008
EN 61000-6-1:2007 Immunity, Class B
EN 61000-6-3:2007 Emission, Class B

EN ISO 12100:2010

Die Gültigkeit endet mit der Veröffentlichung einer Konformitätserklärung neueren Datums.
The validity ends with the publication of a Declaration of Conformity of a newer date.

Zur Zusammenstellung der technischen Unterlagen (nur für autorisierte EU-Behörden) im Sinne von Artikel 5 der Richtlinie 2006/42/EG ist folgende Person/Firma ermächtigt:
Person/Company authorized to compile the technical file according Article 5 of the Directive 2006/42/EC (on the demand of competent EU authorities only):

WOODWAY GmbH, Steinackerstr. 20, 79576 Weil am Rhein, Germany
e-mail: safety "at" woodway.de, phone: +49 (0)7621 940 999 28

Waukesha, USA
25. March 2013
March 23rd 2013

Douglas Bayerlein
Präsident / President WOODWAY USA, Inc.

Fig. 1 EC Declaration of Conformity

2 Safety

2.1 General

The treadmills have been reliably designed, manufactured and tested according to the latest state of technology and are in safe and technically perfect condition. Nevertheless, the device can cause risk to persons and property if it is operated improperly.

For this reason the operating instructions should be read completely and safety instructions must be observed.

Warnings attached directly to the device must be observed and kept in a legible condition.

Inappropriate use will result in the rejection of any liability or guarantee claims by WOODWAY.

2.2 Description of Warning Notices

Warning notices indicate potential hazards or safety risks. They are indicated in this manual by a color-coded signal word panel (symbol with the appropriate signal word).

All warning notices have the same design and the same standardized content design.

Sample of a Warning Notice:

⚠ SIGNAL WORD
Warning Text, Type and Source of Danger Description of the consequences of ignoring the danger. ► Measures, instructions and forbidden actions to avoid the hazard. ► Further measures.

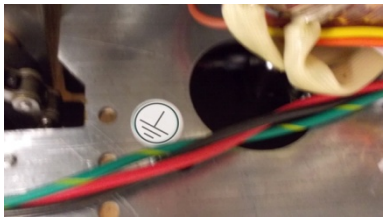
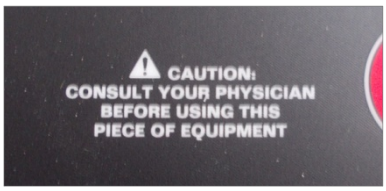
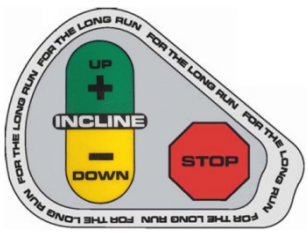
Classification:

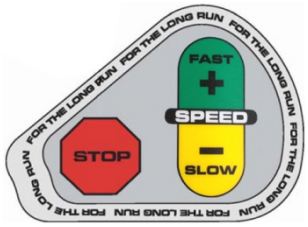
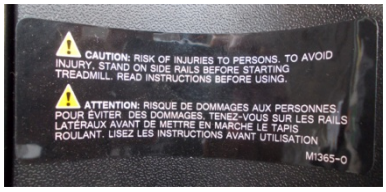
NOTE	NOTE or WARNING (no danger symbol) No risk of injury, pertinent information and warning against material damage.
⚠ CAUTION	CAUTION (with danger symbol) Slight possibility of injury.
⚠ WARNING	WARNING (with danger symbol) In a dangerous situation a serious accident is possible with the possibility of injury or death.
⚠ DANGER	DANGER (with danger symbol) In the event of an accident immediate danger of death or serious injury.

2.3 Safety Notices on Device

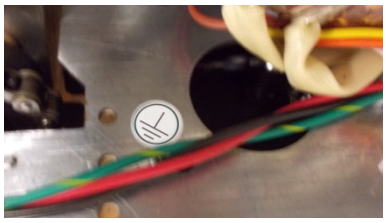
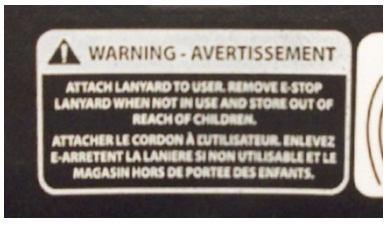
The treadmills are equipped with the following listed safety markings. Safety relevant information is identified using the following stickers:

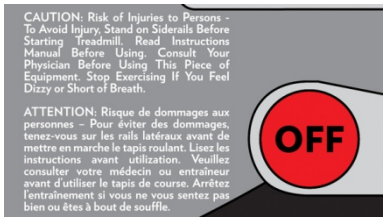
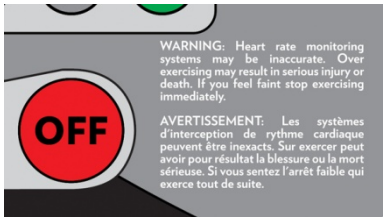
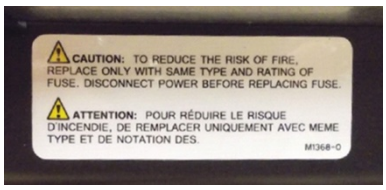
2.3.1 Desmo / Mercury / Path / Pro / Pro XL

	**Protective Ground Wire Connection** Motorized treadmills are electric devices in protection class I. Proper ground wire connection must be ensured.
	Warning EMERGENCY OFF Magnet! If the device is not in use, the EMERGENCY OFF magnet with safety line and clip are to be stored out of the reach of children.
	Notice on EMERGENCY OFF Magnet! Information Sign on mounting the EMERGENCY OFF magnets and for securing the safety line to the user.
	**Notice on Display PTB/STD Left Side!** Consult your physician or trainer before using the treadmill.
	Notice on Display PTB/STD Right Side! Stop training if you do not feel well or are out of breath.
	**Desmo Keypad!** Incline adjustment Stop key.

	**Desmo Keypad!** Speed adjustment Stop key.
	Danger Due to Electric Voltage This symbol warns the user of dangerous voltage inside the device. Safety sticker on the electrical cover.
	**Notice on Desmo (Bottle Holder)!** To prevent injury, stand on the side panels prior to starting the device. Read the operating instructions prior to use.

2.3.2 4Front

	**Protective Ground Wire Connection** Motorized treadmills are electric devices in protection class I. Proper ground wire connection must be ensured.
	Warning EMERGENCY OFF Magnet! If the device is not in use, the EMERGENCY OFF magnet with safety line and clip are to be stored out of the reach of children.
	**Notice on EMERGENCY OFF Magnet!** Information sign on attaching the safety cord to the user, as well as for storing the EMERGENCY STOP magnet with the safety cord and clip out of the reach of children when not in use.

	**Notice on Display 4Front Left Side!** To prevent injury, stand on the side panels prior to starting the device. Read the operating instructions prior to use. Consult your trainer/therapist prior to use. Stop training immediately if you feel dizzy or exhausted.
	**Notice on Display 4Front Right Side!** The heart rate indicator is exact (if used). Overstraining can lead to serious injury or death. Stop training immediately as soon as you feel exhausted.
	**Safety Notice for Fuse Change!** To prevent fire hazard, only replace fuses with the same type and power fuses. Remove the device from the mains before changing.
	Danger due to electric voltage This symbol warns the user of dangerous voltage inside the device. Safety sticker on the electrical cover

2.4 Health Risks

⚠ WARNING

Health Hazards for Certain Groups of People!

The use of the treadmill can pose health risks for certain people.

► Before using the device, check the list below for limitations for certain persons which apply to you. If so, the specified measures must be adhered to.

Persons with Medical Conditions

Before beginning an exercise program, consult your physician, especially if any of the following apply to you:

- History of heart disease
- High blood pressure
- Diabetes
- Chronic respiratory illness
- Elevated cholesterol levels
- Smoker
- Other chronic illnesses or physical impairments

Pregnancy

Pregnant women must consult a physician before starting a training program.

Symptoms During Training

Should you experience dizziness, chest pain, nausea, or any other abnormal symptoms while training on the treadmill, stop training immediately. Consult a physician prior to continuing training.

2.5 Intended Use

⚠ WARNING

Danger from Improper Use!

Any improper use and/or other use of the device can lead to dangerous situations with significant personal injury and/or property damage.

► Only use the treadmill for its intended use.
► Read and strictly adhere to all information in the operating instructions.

All listed treadmill types are motorized. They serve to train athletic running training to increase stamina, physical fitness and can be used for running or walking. Please note that all treadmills that are listed in this manual are athletic training equipment, which according to EU regulations are not to be used for medical applications.

The operating instructions are an integral part of the treadmill and are to be available to all users at all times. The exact observance of the instructions is a prerequisite for the intended use of the WOODWAY treadmill.

⚠ WARNING

Risk of Injury Through Risk of Falling!

The motorized treadmill presents the danger of falling.

► Familiarize yourself with treadmill operation and operating principles before the first training.
► Before using the treadmill, the user must familiarize themselves with the operation of the device, especially with the drive functions!

ATTENTION

Claims to the manufacturer of any kind due to damage from improper use are excluded.

The representative alone is liable for all damages resulting from improper use!

2.6 Unauthorized Modes of Operation

The treadmill may only be used for the aforementioned intended use. Any additional uses may result in serious personal injury and/or property damage. The following restrictions and prohibitions must be strictly adhered to:

- The treadmill may not be used without prior instruction by qualified personnel.
- Children may not use the device or be left near the device unattended.
- The use of the treadmill under the influence of alcohol or drugs and/or narcotics is prohibited.
- The treadmill may not be used for animals.
- The transportation of objects on the treadmill is not allowed.
- The walking surface is not suited for the use of running shoes with spikes or studs.
- It is forbidden to use the treadmill without its side rails or with walking poles.
- The operation of WOODWAY slat-belt treadmills outside of the named ambient conditions in the section "Commissioning" (temperature, humidity, air pressure) as well as outdoors, i.e. outside of closed rooms is not allowed.
- For people with health limitations or contraindications (see previous section) the use of a treadmill without prior consultation by a health care professional is prohibited.
- When stepping onto the treadmill, during walking exercises and when stepping off of the treadmill the safety instructions in this manual must be observed. Here, the following restrictions apply:
    - Never jump onto the moving belt!
    - Never jump off while the device is moving!
    - Never jump off of the front!
    - Never stop walking when the belt is moving!
    - Never turn around when the belt is moving!
    - Never walk sideways or backwards!
    - Never set the stress level (speed) too high!

3 Technical Data

3.1 Name Plate

Each WOODWAY treadmill receives a serial number during production. Depending on the year of your model, it has an alphanumeric code with 7-8 characters or a numeric code with 9 digits. The serial number can be found on the name plate, which is mounted on the rear of the display or on the left front of the treadmill frame.

The nameplate contains the device's main technical details.

The treadmill range of functions is stated the nameplate and on the delivery note.

Keep Handy for Questions!

For service questions, the technical information on the nameplate must be kept handy.

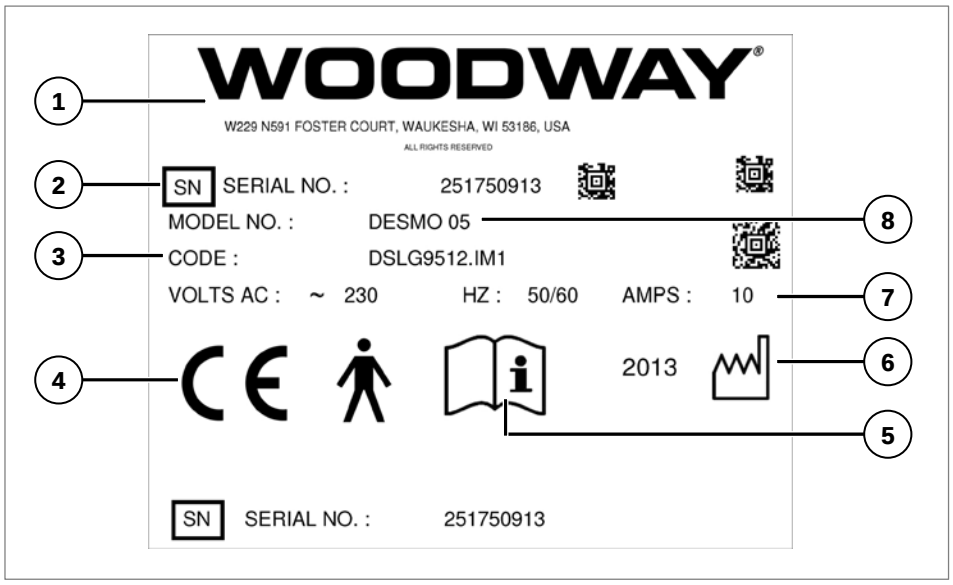


Fig. 2 Example of DESMO Name Plate

1. Manufacturer name, address and logo
2. Serial number
3. Product code
4. CE logo and note to read and observe the operating instructions!
5. Note to read and observe the operating instructions!
6. Year manufactured
7. Information on the electrical connection
8. Model number

3.2 RS-232 Interface

With this option you can switch between the treadmill display and a remote computer for the purpose of remote control. The receptive programs are available. Ask your salesperson for details.

3.3 Technical Specifications

3.3.1 Desmo / Desmo H / Desmo HP

Desmo

- Running Surface: 173 cm x 55 cm.
- Usable surface: 157 cm x 55 cm.
- Speed: 0 - 20 km/h.
- Incline: 0 - 15%.
- Total dimensions: Width 97 cm
Length 196 cm
Height 160 cm
- Weight: 201 kg.
- LED Standard Display Board displays the parameters speed, incline, distance, time, heart rate, calories burned, pace & MET's.

Options:

- Higher speeds up to 25 km/h.
- Steeper incline up to 25%.
- Incline -3+22%.
- Interface RS232 incl. control software.
- Special paint finish.

Desmo H

- Running Surface: 173 cm x 55 cm.
- Usable surface: 157 cm x 55 cm.
- Speed: 0 - 20 km/h.
- Incline: 0 - 15%.
- Total dimensions: as DESMO.
- Weight: 201 kg.
- LCD Personal Trainer Board.
- Animated display with 10 additional pre-stored fixed programs, heart rate monitor and the possibility to create up to 99 individual programs.

Options:

- Higher speeds up to 25 km/h.
- Steeper incline up to 25%.
- Incline -3+22%.
- Interface RS232 incl. control software.
- Special paint finish.

Desmo HP

- Running Surface: 173 cm x 55 cm.
- Usable surface: 157 cm x 55 cm.
- Speed: 0 - 25 km/h.
- Incline: 0 - 25%.
- Total dimensions: as DESMO
- Weight: 201 kg.
- LCD Personal trainer board.
- Animated display with 10 additional pre-stored fixed programs, heart rate monitor and the possibility to create up to 99 individual programs.

Options:

- Incline -3+22%.
- Interface RS232 incl. control software.
- Special paint finish.

3.3.2 4Front / 4Front with TV

Figure: 4Front with TV

4Front

- Running Surface: 173 cm x 55 cm.
- Usable surface: 157 cm x 55 cm.
- Overall dimensions (standard display): Width 89 cm, Length 183 cm, Height 163 cm
- Weight: 201 kg.
- Speed: 0 - 20 km/h.
- Incline: 0 - 15%.
- LED Standard Display Board displays the parameters speed, incline, distance, time, heart rate, calories burned, pace & MET's.

Options:

- Higher speeds up to 25 km/h.
- Steeper incline up to 25%.
- Incline -3+22%.
- LCD Personal trainer board.
- Interface RS232 incl. control software.
- Special paint finish.

4Front with TV

- Running Surface: 173 cm x 55 cm.
- Usable surface: 157 cm x 55 cm.
- Overall dimensions (TV): Width 89 cm, Length 193 cm, Height 188 cm
- Weight: 201 kg.
- Speed: 0 - 20 km/h.
- Incline: 0 - 15%.
- LCD Personal trainer board.
- Animated display with 10 additional pre-stored fixed programs, heart rate monitor and the possibility to create up to 99 individual programs.

Options:

- Higher speeds up to 25 km/h.
- Steeper incline up to 25%.
- Incline -3+22%.
- Interface RS232 incl. control software.
- Special paint finish.

3.3.3 Mercury / Mercury H

Mercury

- Running Surface: 173 x 43 cm
- Usable surface: 157 cm x 43 cm.
- Speed: 0 - 17 km/h.
- Incline: 0 - 15%.
- Total dimensions: Width 86 cm
Length 180 cm
Height 152 cm
- Weight: 184 kg.
- LED Standard Display Board displays the parameters speed, incline, distance, time, heart rate, calories burned, pace & MET's.

Options:

- Higher speeds up to 20 km/h.
- Steeper incline up to 25%.
- Incline -3+22%.
- Interface RS232 incl. control software.
- Special paint finish.

Mercury H

- Running Surface: 173 x 43 cm.
- Usable surface: 157 cm x 43 cm.
- Speed: 0 - 17 km/h.
- Incline: 0 - 15%.
- Total dimensions: Width 86 cm
Length 180 cm
Height 152 cm
- Weight: 184 kg.
- LCD Personal trainer board. (Only in English)
- Animated display with 10 additional pre-stored fixed programs, heart rate monitor and the possibility to create up to 99 individual programs. (Only English)

Options:

- Higher speeds up to 20 km/h.
- Steeper incline up to 25%.
- Incline -3+22%.
- Interface RS232 incl. control software.
- Special paint finish.

3.3.4 Path / Path H

Path

- Running Surface: 132 x 55 cm.
- Usable surface: 120 cm x 55 cm.
- Speed: 0 - 17 km/h.
- Incline: 0 - 15%.
- Total dimensions: Width 97 cm
Length 150 cm
Height 152 cm
- Weight: 168 kg.
- LED Standard Display Board displays the parameters speed, incline, distance, time, heart rate, calories burned, pace & MET's.

Options:

- Higher speeds up to 20 km/h.
- Interface RS232 incl. control software.
- Special paint finish.

Path H

- Running Surface: 132 x 55 cm.
- Usable surface: 120 cm x 55 cm.
- Speed: 0 - 17 km/h.
- Incline: 0 - 15%.
- Total dimensions: Width 97 cm
Length 150 cm
Height 152 cm
- Weight: 168 kg.
- LCD Personal trainer board. (Only in English)
- Animated display with 10 additional pre-stored fixed programs, heart rate monitor and the possibility to create up to 99 individual programs. (Only English)

Options:

- Higher speeds up to 20 km/h.
- Interface RS232 incl. control software.
- Special paint finish.

3.3.5 Pro / Pro XL

Pro

- Running Surface: 173 cm x 70 cm.
- Usable surface: 157 cm x 70 cm.
- Speed: 0 - 25 km/h.
- Incline: 0 - 25%.
- Total dimensions: Width 122 cm
Length 196 cm
Height 173 cm
- Weight: 261 kg.
- LED Standard Display Board displays the parameters speed, incline, distance, time, heart rate,
- Calories burned, pace & MET's.

Options:

- LCD Personal trainer board (PTB).
- Incline -3+22%.
- Interface RS232 incl. control software.
- Special paint finish.
- Jump Plate

Pro XL

- Running Surface: 224 cm x 70 cm.
- Usable surface: 200 cm x 70 cm.
- Speed: 0 - 25 km/h.
- Incline: 0 - 25%.
- Total dimensions: Width 122 cm
Length 246 cm
Height 173 cm
- Weight: 307 kg.
- LED Standard Display Board displays the parameters speed, incline, distance, time, heart rate.
- calories burned, pace & MET's.

Options:

- LCD Personal trainer board (PTB).
- Incline -3+22%.
- Interface RS232 incl. control software.
- Special paint finish.
- Jump Plate.

3.4 Running Surface

The technical treadmill information is valid for all Sport & Fitness slat-belt treadmills.

Description:	Parameters:
Setup	Slats, overlapping, exchangeable
Slat type	Rubber on an aluminum core
Hardness of the running surface	43-47 shore A
Running area	see respective treadmill type
Standard color	Black
Storage	Desmo/4Front/Mercury/Path/Pro = 114 ball bearings, 12 guide rollers Pro XL = 160 bearings, 18 rollers Path = 64 bearings, 8 rollers
Lateral movement	+/- 8 mm/h

3.5 Conditions for Use

Description:	Parameters:
Ambient temperature	+10°C to +50°C
Relative humidity	20 - 95% (not condensed)
Fuse type	IP2x

3.6 Electrical Connection

Description:	Parameters:
Voltage	208 / 230 V AC
Frequency	50/60 Hz
Current	10 Amps
Electrical socket	Schuko (adapted, country-specific)

If the socket has a voltage of 230 volts and more than one main unit is on the direct line or in neutral conductor and the voltage drops to a minimum of less than 10% of 230 Volts the treadmill will switch off and be reset.

4 Transportation and Storage

4.1 Safety Notices for Transportation

Check the treadmill for damage upon arrival. Also check and compare supplied accessories with the corresponding delivery note.

The manufacturer is not liable for damages and missing parts if this information was not recorded in writing on the delivery note upon delivery of the unit. Damage or defects must be reported to the carrier and to the responsible WOODWAY dealer immediately.

⚠ WARNING

Risk of Injury by Machine Falling or Falling Over!

Improper transportation of the device may lead to it falling over and causing injury or equipment damage.

- ► Only transport in compliance with the safety regulations.
- ► Only use the supplied carrying tubes for transport.
- ► Never lift the device using the railing or protective coverings.
- ► Ensure stable center of gravity and steadiness during transportation.

WOODWAY Service: If necessary, transport or relocation can be organized and carried out by authorized WOODWAY service partners.

For further information please contact WOODWAY customer service.

4.2 Flat Transportation

The treadmill can be easily transported on a flat surface using of four flat transport dollies (commercial transport dollies with 4 steerable wheels). The device weight must be considered.

It is important to ensure that the device frame near the treadmill feet rests on the dollies. Otherwise there is a risk of damage to the walking surface or the incline system.

4.3 Upright Transportation

For narrow transport routes it is possible to transport the treadmill vertically (for example, narrow door width or for climbing stairs). For this handrails and side panels must be removed.

When transporting in an upright position, the device must be additionally secured against accidental tipping or rolling since the center gravity is not in the middle of the device.

ATTENTION

The treadmill must not rest on the "electronics" side!

4.4 Storage

The device may only be stored in closed, dry rooms. It is absolutely necessary to prevent contact with moisture (rain, fog, etc.)

The following environmental conditions are prescribed for transportation and storage:

- Temperature: -18°C to +49°C.
- Relative humidity: 20 - 95% (not condensed).
- Air pressure: 700 – 1060 hPa.

5 Product Description

⚠ WARNING

Risk of Injury Through Falling!

During training, especially during the initial use of the device there is a danger of injury from falling.

- ► Familiarize yourself with treadmill operation before the first training.
- ► It is absolutely necessary that you hold on to the safety railing during the first training program until you can move safely on the treadmill.

5.1 Running Surface

The walking surface belt consists of individual slats which are mounted on a set of wedged-toothed belts.

Slat Design

The individual slats consist of two components: A rubber surface and a T-shaped aluminum base. Due to the approximately 1 cm thick rubber surface and the aluminum T-slat, WOODWAY devices have the "world's most ideal running surface for treadmills". Due to the rubber running surface the majority of the impact energy is absorbed and local pain in extremities which is associated with long runs is reduced. The interaction between the belt system and the transport system prevents friction and heat generation. This increases service life of the running belt and the entire treadmill.

The WOODWAY running surface differs fundamentally from running belts on conventional treadmills (for which cotton-nylon belts are normally used). On your WOODWAY treadmill you may initially notice higher surface grip than you have experienced before. The more you use your treadmill, the more you will get used to the grip. As with all treadmills, it is also important on a WOODWAY treadmill not to shuffle your feet if possible.

5.2 Transport System

Carrier Rails

The carrier system consists of two support rail units, with steel wire reinforced endless side belts and guide rollers with toothed rings and a diameter of about 18 cm. The carrier rails support the running surface and are essential for the reduction of wear and friction of the belts.

Endless Side Belts

The two endless side belts fill several important functions: They hold the individual slats together, transfer the force between the drive and the runner and prevent the running surface from slipping to the left or right. The two carrier rails consist of three main parts: The carrier rail, the individual bearings and the roller guides. The smooth portion of the side belts runs along the bearings and roller guides.

Load Distribution

The carrier rail supports all bearings and guide rollers and distributes the load evenly on the running surface. The guide rollers on each side prevent tracking errors and support the running surface belt. The individual bearings on either side also distribute the load over the entire running surface.

The toothed rollers serve to transfer the load to and from the motor and to prevent the running surface from slipping. The forward roller unit has an additional toothed pulley, which is used for the motor. The rollers have high load-bearing blocks, which also reduce friction.

The transport system design provides for almost no friction.

5.3 Incline System

WOODWAY treadmills are equipped with a standard elevation system up to 15% (with variations between -3 and +22%, and between 0 and +25%). The elevation system is controlled driven by a geared motor and a chain drive system which is used to transmit forces to several drive sprockets. This gear drive raises or lowers the treadmill on toothed racks. The toothed racks are equipped with rubber feet and bear most of the weight of the treadmill and the person when the incline is used.

Limit Switches

Limit switches are used to limit the lifting system. When the display is switched on the running surface is automatically moved to the 0 incline position (starting position).

⚠ WARNING

Danger of Device Moving Down when Switched on!

If the treadmill was in the inclined position prior to being switched off during previous use, the device will automatically move back to the neutral position (incline = 0%). There is a danger of injury!

► No one may be located in the area in front of the treadmill.
► No objects may be located under the treadmill.
► Check the position of the treadmill before switching it on!

5.4 Dynamic Mode

ATTENTION

In the dynamic mode, the treadmill running surface runs completely free in both directions and is no longer slowed by the motor!

The treadmill makes it possible that the user serves as the running surface belt drive. The user drives the running surface belt manually during training. This is known as "dynamic mode".

To use dynamic mode, proceed as follows.

- Stop the running surface belt.
- Press the FAST and SLOW keys simultaneously for about five seconds.
- The display emits a signal tone every second.
- Afterwards five long tones and then two short tones will sound.
- The speed indicator display starts blinking.

Now the treadmill is set to dynamic mode. The running surface belt is now manually driven and the speed is still indicated. The incline also functions.

To leave dynamic mode, proceed as follows.

- Press the FAST and SLOW keys simultaneously again for about five seconds.
- The display emits a signal tone every second.
- Afterwards five long tones and then two short tones will sound.
- The speed indicator display stops blinking.

Dynamic mode is now deactivated.

Alternatively, the treadmill can be switched off by pressing the OFF key. When the device is switched back on it will automatically be in normal operating mode and dynamic mode will be deactivated.

6 Commissioning

6.1 General

Commissioning is the initial intended use of the device, see sec. 2.5 Page 13. Ensure that the conditions applicable to basic safety and health requirements are met. Read these operating instructions completely before commissioning.

Before commissioning the device, operating and functional safety is to be tested. This includes correct installation and operator instruction.

6.2 Installation

Only install your treadmill at ground level on a sufficiently firm, stable surface. The surface should be as flat as possible to ensure that the frame only bends minimally. Do not place the treadmill directly on deep pile velour or fleece carpet due to moving parts on the bottom.

ATTENTION

Maintain the Safety Area!

Keep the area around the treadmill clear, see Fig. 3.

Ensure that there is a clearance of at least 2 meters between the back of the treadmill and walls or furniture. Sloping ceilings may not extend into this safety area!

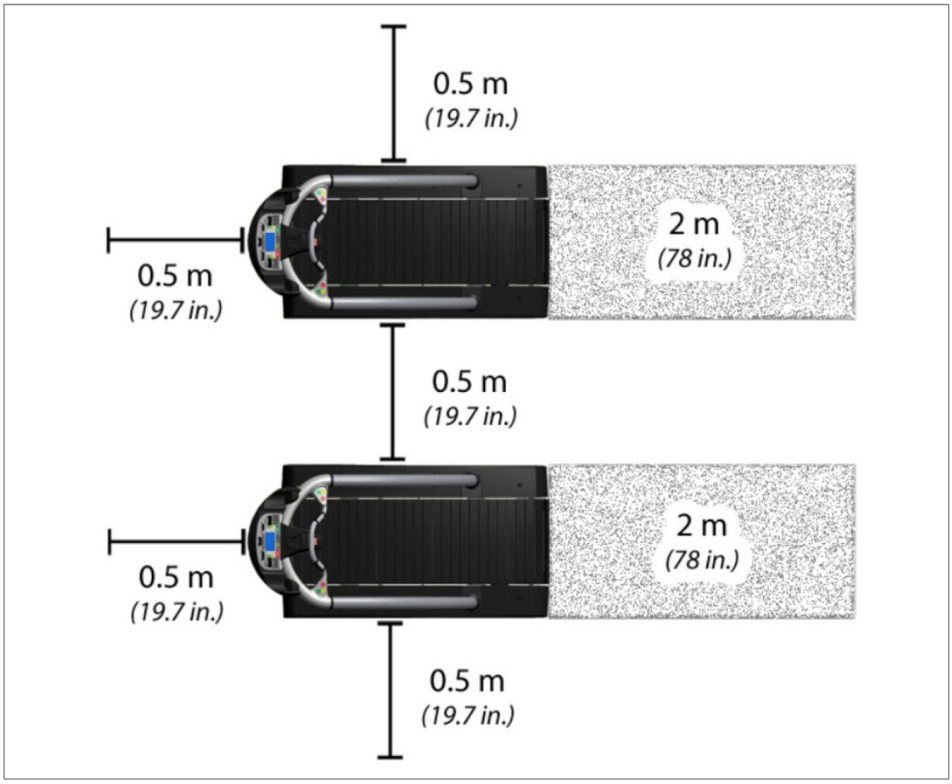


Fig. 3 Set-up, Clearances

If the installation site has high-pile carpeting, a floor protection mat should be placed under the treadmill.

WOODWAY also has appropriate mats available.
For more information call +49 (0)7621-940999-0.

Using a floor protection mat reduces the production of lint which can enter the treadmill. This also minimizes carpet wear.

6.3 Assembly Instructions

6.3.1 Preparation

The treadmill can be delivered in various states of assembly. Disassembly / assembly may be required for moves or relocation into other rooms.

NOTE

In WOODWAY sports treadmills standard (inch) screws and nuts are used, with few exceptions.
These are not compatible with metric fastening elements!

Preparation Steps

Due to the high weight of the device, it is recommended to install the treadmill as close to its final location as possible.

Carefully dismantle the shipping crate. To do this, remove the screwed connections. Remove protective foil from all packaged parts. Ensure that the surfaces are not damaged by sharp objects (knife, etc.).

NOTE

It is recommended to have a second person to assist in inserting the railing tubes or with the assembly.

6.3.2 Desmo

Tools required for assembly:

- 1 x Phillips head screwdriver, size 1.
- 1 x Phillips head screwdriver, size 2.
- 1 box wrench SW 13.

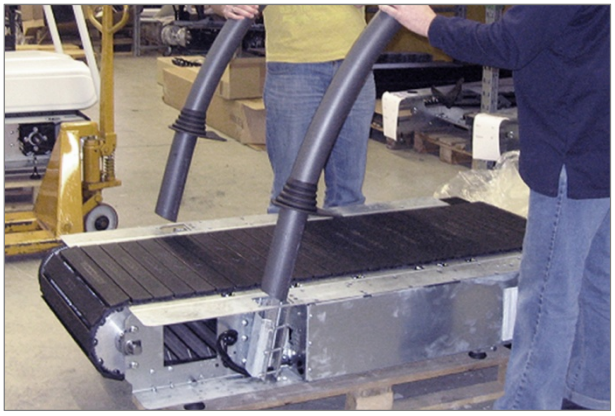


Fig. 4 Desmo Assembly, Inserting Tubes

- Insert the railing tube into the mounts on both sides.
- Observe hand protection!

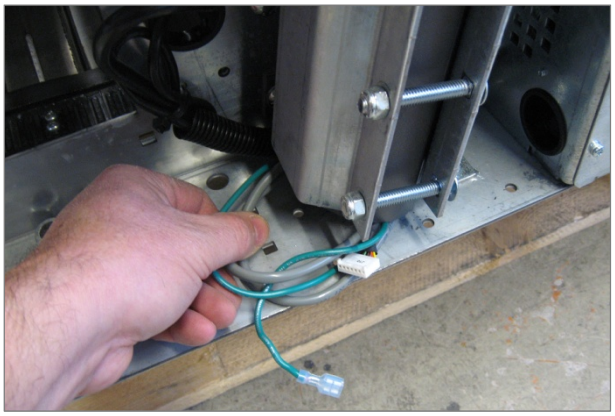


Fig. 5 Desmo Assembly, Wiring

- Pull the display and protective conductor wires out of the bottom of the railing tube.

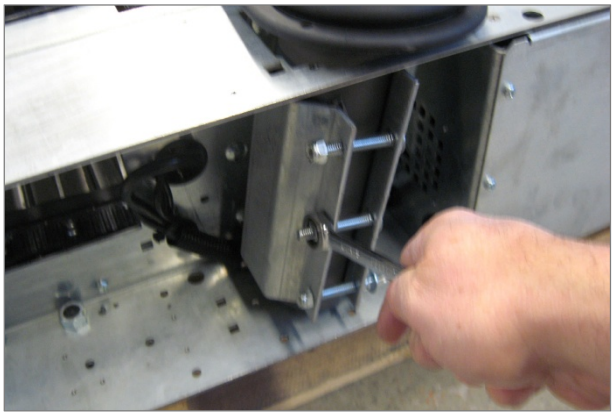


Fig. 6 Desmo Assembly, Fixing the Railing

- Tighten the railing mount bolts on both sides.

Fig. 7 Desmo Assembly, Electronic Cover Plate

- Remove electronic cover plate on the right side of the treadmill frame (Phillips screw driver).

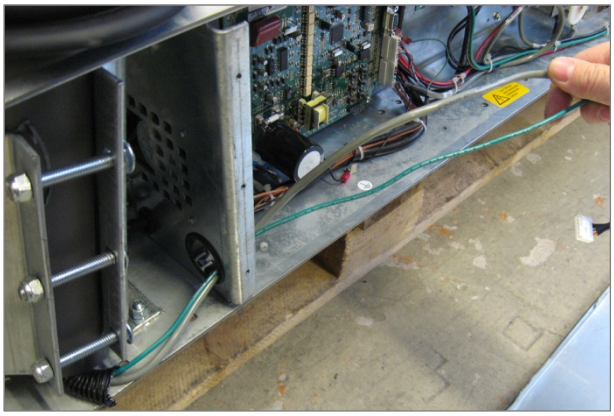


Fig. 8 Desmo Assembly, Connection 1

- Lay the wire through the hole in the console.

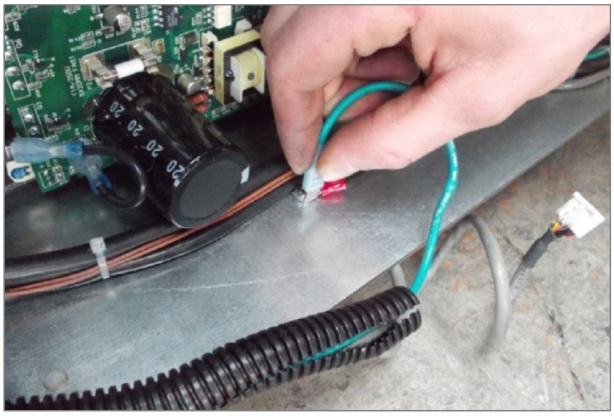


Fig. 9 Desmo Assembly, Connection 2

- Attach the protective conductor (green) to the contact tab on the housing.

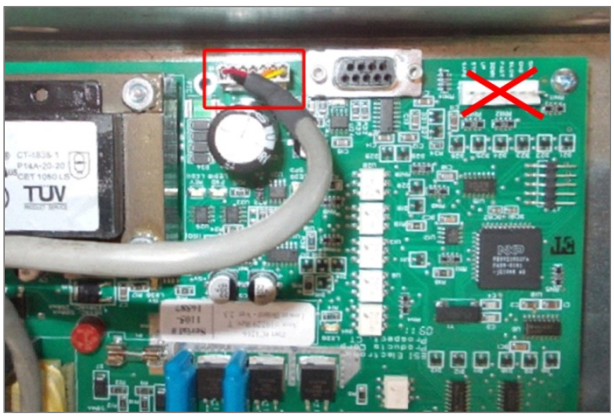


Fig. 10 Desmo Assembly, Connection 3

- Connect the display cable to the circuit board.

Note:

Do not connect to the marked position (X)!

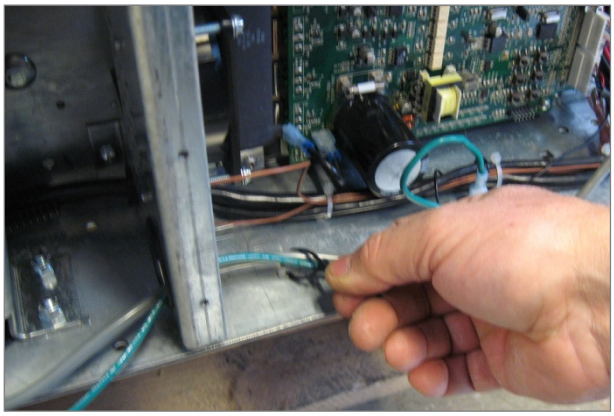


Fig. 11 Desmo Assembly, Connection 4

- Fix the wires to the frame with the supplied wire ties.
- Then remount the electronic cover plate.

Fig. 12 Desmo Assembly, Side Covers

- Slide the side covers onto the left and right sides.
- Guide the covers, slightly tilted under the rubber railing covers.
- Fix the side covers and railing covers with screws (do not tighten the screws yet).

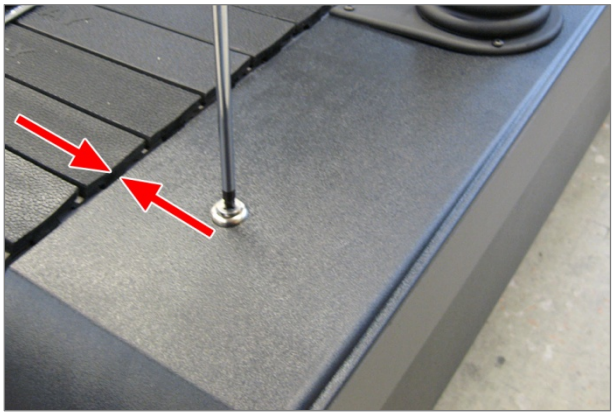


Fig. 13 Desmo Assembly, Adjusting Side Covers

- Position the side covers so that a 5 mm gap + X is visible.
- Then tighten all screws.

Note 1:

The side covers must not be in contact with the running surface.

Note 2:

The side covers must not be in contact with the drive belts on the rear left side!

6.3.3 4Front

Tools required for assembly:

- 1x SW13 combination wrench, or SW13 ratchet wrench.
- 1x Phillips screwdriver PH1.

Fig. 14 4Front Assembly, Side Panel

- Remove the covers on the left and right.

Fig. 15 4Front Assembly, Wiring

- Insert wire and protective cover into the guard rail tube to prevent damage during insertion.

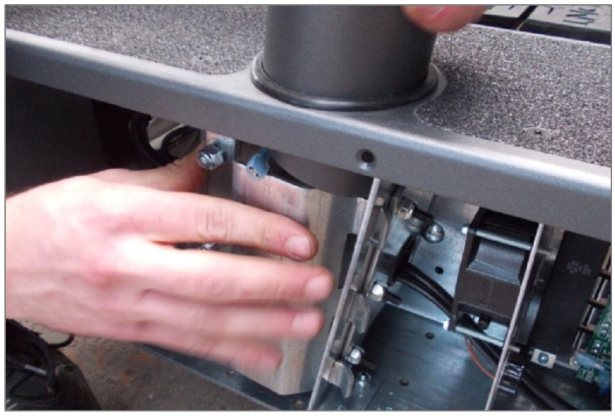


Fig. 16 4Front Assembly, Tube Mount

- Prepare the mount for the tube.

Fig. 17 4Front Assembly, Inserting Tubes

- Insert the railing tube into the mounts.
- Do not damage the wires!
- Observe hand protection!

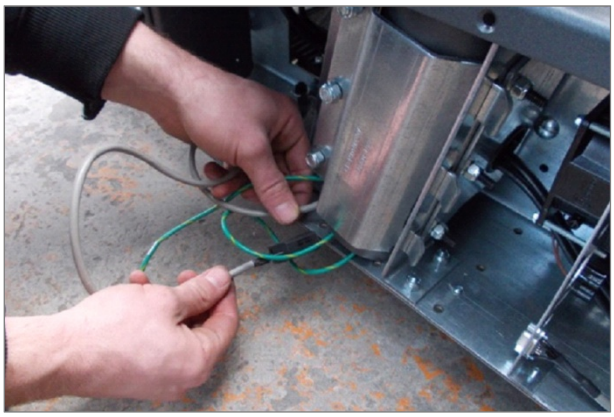


Fig. 18 4Front Assembly, Connection 1

- Pull the wire and protective cover out of the railing tube.

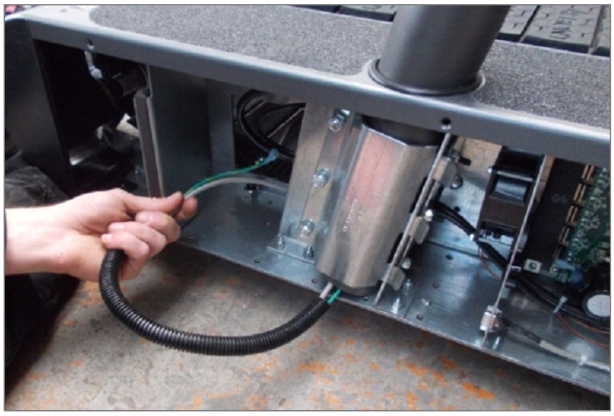


Fig. 19 4Front Assembly, Connection 2

- Lay the wire with protective cover behind the railing mount.

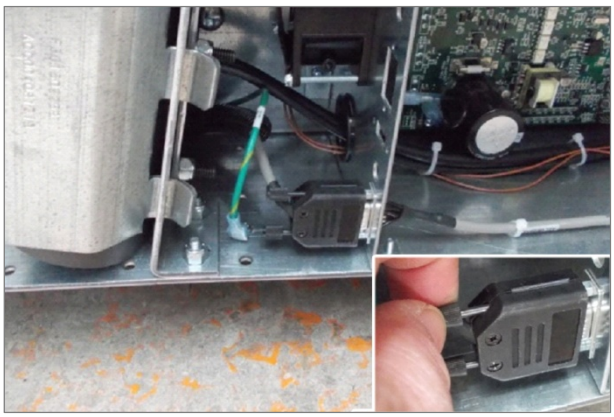


Fig. 20 4Front Assembly, Connection 3

- Insert the plug and tighten both retaining screws.
- Attach the protective conductor (green) to the contact tab on the housing.

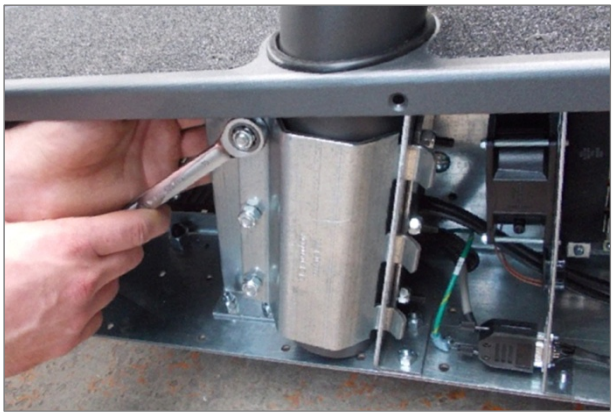


Fig. 21 4Front Assembly, Fixing the Railing

- Tighten railing mount bolts.

Fig. 22 4Front Assembly, Side Panel

- Replace the side panels, right and left and fix them with screws.

6.3.4 Mercury, Path

Tools required for assembly:

- 1x SW13 combination wrench, or SW13 ratchet wrench.
- 1x Phillips screwdriver PH1.
- 1x Phillips screwdriver PH2.

Fig. 23 Mercury/Path Assembly, Side Covers

- Remove the cover plates and side covers on both sides.

Fig. 24 Mercury/Path Assembly, Electronic Cover Plate

- Remove electronic cover plate on the right side of the treadmill frame.

Fig. 25 Mercury/Path Assembly, Wiring

- Insert wire and protective cover into the guard rail tube to prevent damage during insertion.

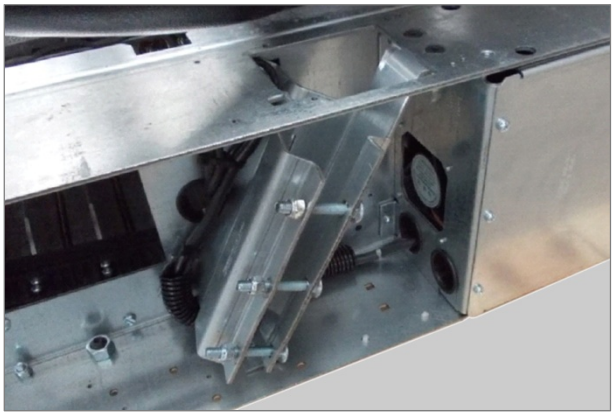


Fig. 26 Mercury/Path Assembly, Tube Mount

- Prepare the mount for the tube. Loosen bolts if necessary.

Fig. 27 Mercury/Path Assembly, Insert Tubes

- Insert the railing tube into the mounts.
- Do not damage the wires!
- Observe hand protection!

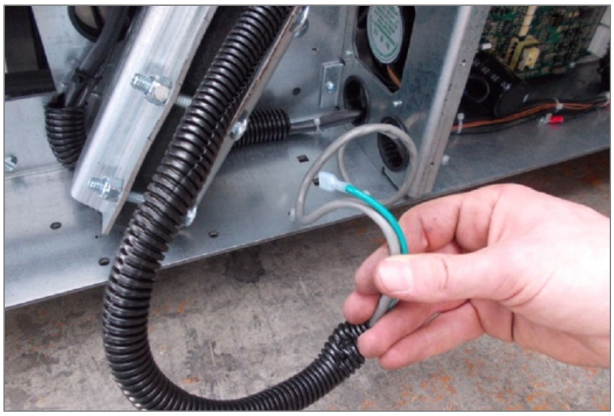


Fig. 28 Mercury/Path Assembly, Connection 1

- Pull wire and protective cover out of the railing tube (hole in railing tube).

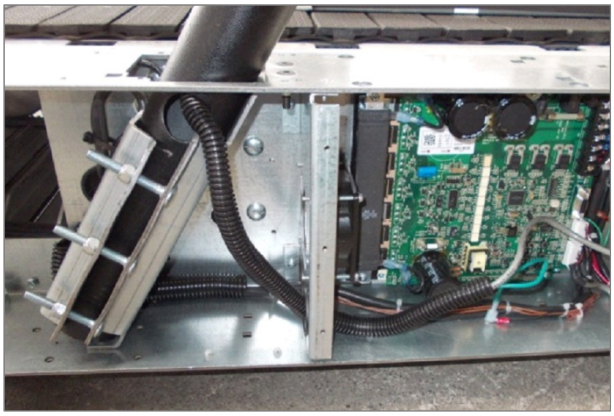


Fig. 29 Mercury/Path Assembly, Connection 2

- Lay the wire with protective cover through the hole in the console.

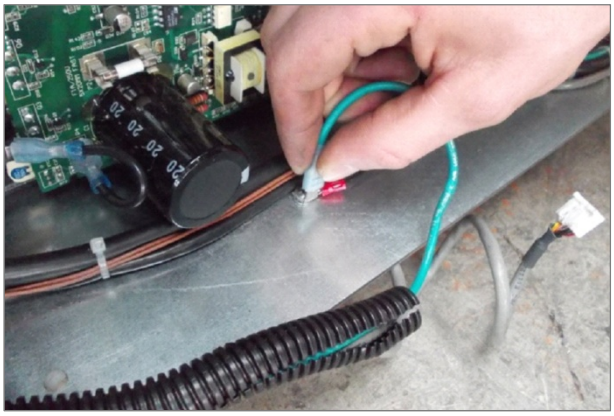


Fig. 30 Mercury/Path Assembly, Connection 3

- Attach the protective conductor (green) to the contact tab on the housing.

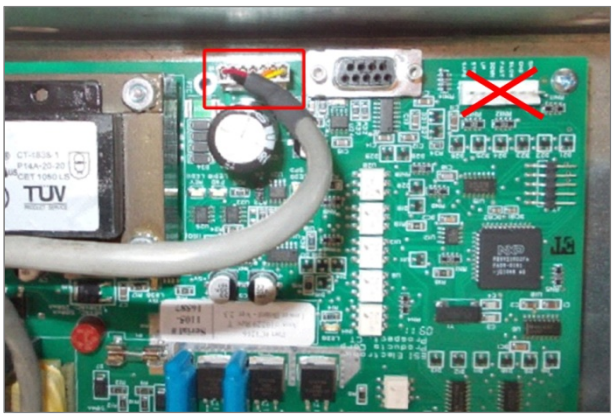


Fig. 31 Mercury/Path Assembly, Connection 4

- Connect the display cable to the circuit board.

Note:

Do not connect to the marked position (X)!

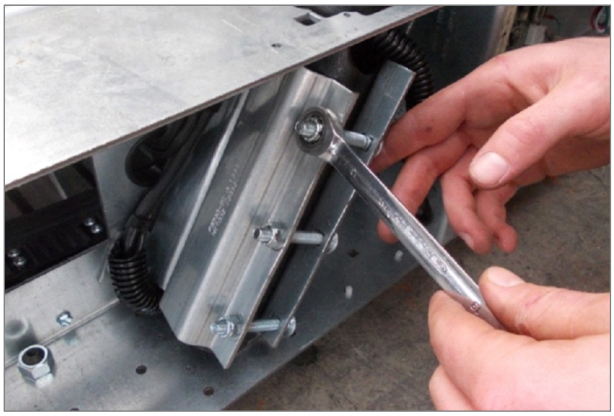


Fig. 32 Mercury/Path Assembly, Fixing the Railing

- Tighten railing mount bolts.

Fig. 33 Mercury/Path Assembly, Electronic Cover Plate

- Replace electronic cover plate on the right side of the treadmill frame.

Fig. 34 Mercury/Path Assembly, Side Covers

- Slide the side covers on both sides and fix with screws (do not tighten the screws yet).

Fig. 35 Mercury/Path Assembly, Cover Plates

- Slide the cover plates over the tube on both sides and fix with screws.

Note 1:

First tighten the large screws, then the rest of the screws.

Ensure distance between side covers and running surface!

Note 2:

The side covers must not be in contact with the drive belts on the rear left side!

6.3.5 Pro, Pro XL

Tools required for assembly:

- 1x combination wrench SW13.
- 1x SW13 ratchet wrench.
- 1x Phillips screwdriver PH1.
- 1x Phillips screwdriver PH2.
- 1x Allen key SW8.

Fig. 36 Pro/ProXL Assembly, Insert Railing

- Insert both sides of the railing into the mounts.
- First slide the cover plates over the railing.
- Do not damage the wires!
- Observe hand protection!

Fig. 37 Pro/ProXL Assembly, Connecting Railing

- Join the two railing parts together.

Fig. 38 Pro/ProXL Assembly, Screwing Railing Together

- Connect the railing sections with two Allen screws.

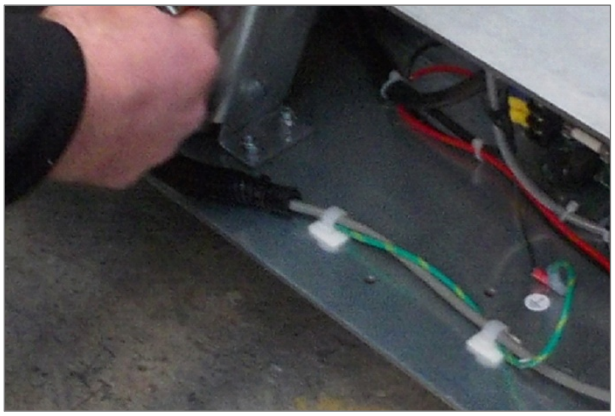


Fig. 39 Pro/ProXL Assembly, Connection 1

- Pull the wire and wire protection out of the side of the railing tube and lay it along the railing mount to the circuit board.

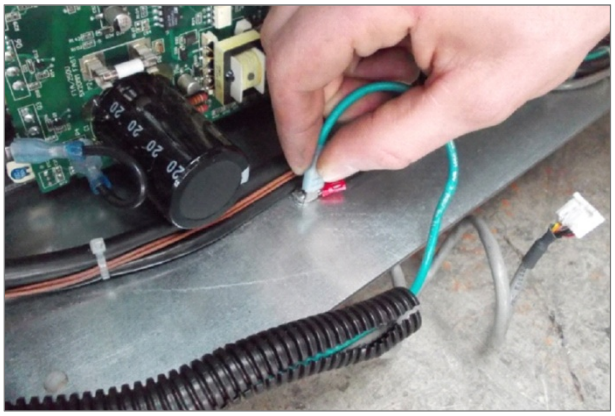


Fig. 40 Pro/ProXL Assembly, Connection 2

- Attach the protective conductor (green) to the contact tab on the housing.

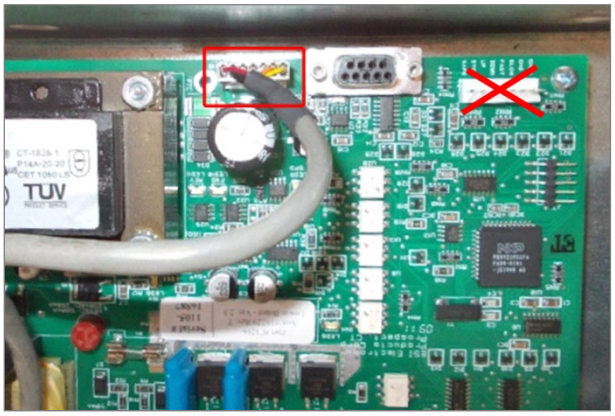


Fig. 41 Pro/ProXL Assembly, Connection 3

- Connect the display cable to the circuit board.

Note:

Do not connect to the marked position (X)!

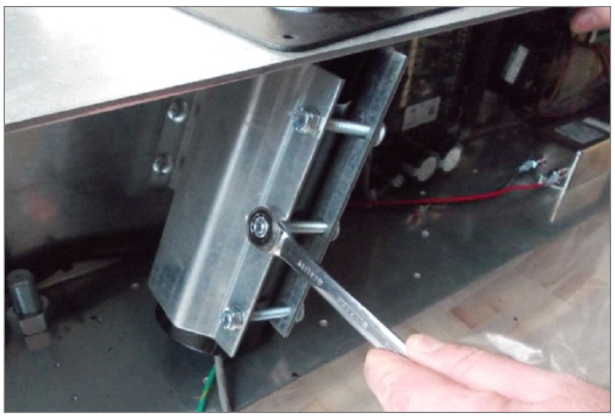


Fig. 42 Pro/ProXL Assembly, Fixing the Railing 1

- Tighten railing mount bolts on the right side.

Fig. 43 Pro/ProXL Assembly, Fixing the Railing 2

- Tighten railing mount bolts on the left side.

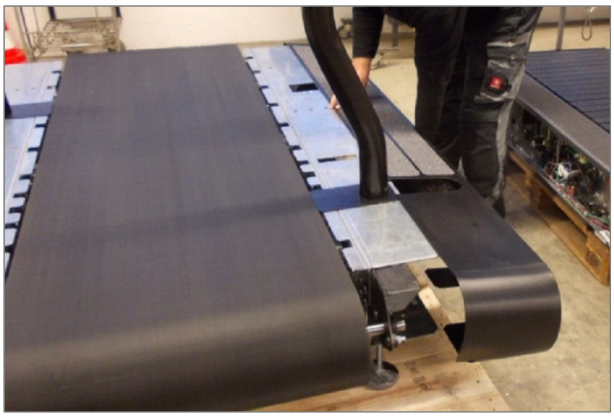


Fig. 44 Pro/ProXL Assembly, Side Covers

- Slide the side covers on both sides and fix with screws (do not tighten the screws yet).

Note:

First tighten the large screws, then the rest of the screws.

Ensure distance between side covers and running surface!

7 Operation

7.1 For Your Safety

NOTE

CONSULT A DOCTOR!

If you are over 40 years old, have a heart condition, are overweight or have not been involved in sports for several years, a visit to the doctor is recommended before beginning an intensive training program.

For safe operation and successful training please read the following points for your own safety before starting to use the treadmill:

- Keep hanging clothing and towels away from the running surface. Ensure that shoelaces do not extend beyond the bottom of the shoe sole.
- Keep the area behind the treadmill clear and make sure that there is a space of at least 2 meters between the rear of the treadmill and walls or furniture.
- Keep hands away from all moving parts.
- Children and animals may not mount the treadmill! Never leave children or animals near the treadmill unattended.
- Check the treadmill for defective or loose components before use and replace or repair if necessary.
- Mount and dismount the treadmill carefully. Never mount or dismount the treadmill when the running surfaced is moving. For safety reasons hold on to the railing and straddle the running surface with your feet on the left and right. Do not dismount the treadmill until the running surface stops moving.
- Wear suitable running shoes with a high degree of grip. Do not use shoes with heels, leather soles or running shoes with spikes. To protect your device, ensure that there are no stones in the profile of your shoe soles.
- Take a few minutes to get your heart rate in the desired training range. Walk slowly for some time after a training session to give your body enough time to cool down. During this time your pulse rate will go back to the normal range.
- Never let loose objects (balls) roll under the treadmill. They could be pulled into the device during operation.

ATTENTION

The user/owner or representative of the equipment is responsible for ensuring that regular maintenance and inspection of the treadmill is carried out.

Defective components must be replaced immediately. The treadmill should not be used until it is repaired by a professional!

7.2 Safety Equipment

⚠ WARNING

Dangerous situations during operation which can cause injury!

Conditions during use of the device that do not correspond to the normal function and require an immediate stop. Each actuation of the Emergency stop switch causes a power disconnection to the drive system which in turn causes the running surface to emergency stop, which presents an additional risk of falling!

- ► Immediate stopping of the device/drive caused by an installed safety device.
- ► Switching off the device (Power button) and the pulling the power cord from the socket.
- ► Clarification and elimination of causes of the dangerous situations only by WOODWAY Customer Service.
- ► Only restart the device after approval by WOODWAY customer service.

7.2.1 Safety Railing

The treadmill is equipped with a railing that extends along both sides and is bowed around the front. This allows the user to maintain direct contact, so as to obtain safety and stability during training.

For safety reasons, the user should hold on to the railing when necessary.

⚠ CAUTION

Risk of Injury Through Risk of Falling!

It is recommended to use the railing for mounting and dismounting!

7.2.2 Emergency Stop with Pull Cord

The emergency stop with pull cord is used to activate the treadmill. If the stop switch magnet is not fixed to the front display panel or not properly positioned, the treadmill cannot be put into operation.

⚠ WARNING

Danger of injury due to improperly installed pull cord!

If the pull cord clip is not fixed properly before a workout, the emergency stop magnetic switch will not be triggered and there is a risk of injury in the event of a dangerous situation.

- ► The use of the pull cord is mandatory!
- ► Securely attach clip to tight clothing (e.g. the waistband) before starting the workout.

This safety feature serves to protect the user should they lose their balance or in an emergency. The plastic clip is to be fixed to the waistband when the treadmill is used. When the magnet (trigger) is removed, the drive motor is switched off and the running surface stops. The running surface cannot stop immediately when running at high speeds, since the weight of the running surface needs to be decelerated and there is excess residual energy due to the fast movement.

The safety magnet can also be used to stop the treadmill. To prevent the use of the treadmill, for example when not supervised; the safety magnet with pull cord can be stored in a safe place. Then the treadmill cannot be put into operation.

7.2.3 Belt Drive Current Limiter

The treadmills have a current limiting function to reduce power consumption and to increase safety. The main function is a current limit timeout. If the running surface belt remains stationary for more than 10 seconds (remains in the current limit), the motor drive is switched off and the belt can be moved manually (turns freely). This function is very helpful if something gets caught in the tread belt. In this way the treadmill can be stopped.

If the running surface belt is in current limit mode, the treadmill must be to be switched off with the main switch for at least 60 seconds so that it can be reset. Only then can it be switched on again.

7.2.4 Low Leakage Current

The requirement for low leakage current is important for medical clinics, physical therapy facilities and hospitals.

The treadmill functions are designed so that the power plug and input power transformer are subjected to low leakage current. With an input power transformer with low leakage current, the leakage treadmill current can be reduced to less than 100 micro-amps (uA).

7.3 Practical Training

7.3.1 Professional Consultation

For all treadmill training beginners, it is recommended to seek the advice of a professional fitness instructor or personal trainer, to obtain an overall fitness assessment before starting an exercise program and developing an optimal training program.

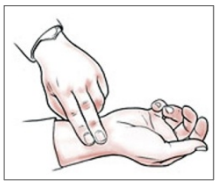
For optimal use and safety during treadmill training, WOODWAY recommends running on the treadmill in an upright and natural running position and to avoid dragging foot movement.

7.3.2 Warm-Up and Cool-Down

A warm-up before each workout and a cool-down after each workout is recommended. If possible, you should always do some basic stretching exercises for the legs before and after training. The stretching exercises make you more flexible and this prevents muscle soreness and injury during routine activities.

7.3.3 Measuring Pulse

To select the optimum fitness levels for the workout, it is important to determine your heart rate and your pulse as accurately as possible. For this the use of a high-quality heart rate monitor is recommended.



In the event that you do not have a heart rate monitor, you can feel your pulse by placing your fingers on the underside of your wrist or on one side of your neck. Look at the second hand of a clock and count how many beats you feel in 15 seconds. Multiply this number by four to calculate the BPM (beats per minute). Your heart rate is required when you do your fitness test.

7.3.4 Calculating Maximum Heart Rate

To determine your maximum heart rate subtract your age from the number 220 (general formula). The difference is an approximation of your maximum heart rate. This formula is used by the American Heart Association (AHA) and the American College of Sports Medicine (ACSM). Your actual maximum heart rate is determined by a stress test performed by your doctor. The American Heart Association recommends undergoing a stress test if you have a history of heart disease or if you are over 40 years old and starting an exercise program.

Heart Rate Recommendation

During training it is recommended not to exceed a value of 85% of maximum heart rate. Our programs are designed so that the heart rate remains within the target range. Your target range is between 60 and 75% of your maximum heart rate. If you find that your heart rate is above the 75%, you are probably running too fast. Reduce your speed or stop your workout for a brief moment to bring your heart rate back to the target range.

7.3.5 Heart Rate Chart

Age	Maximum heart rate [BPM*]	60 % of the maximum heart rate [BPM*]	75 % of the maximum heart rate [BPM*]	85 % of the maximum heart rate [BPM*]
20	200	120	150	170
25	195	120	150	160
30	190	110	140	160
35	185	110	130	150
40	180	100	130	150
45	175	100	130	140
50	170	100	120	140
55	165	90	120	130
60	160	90	120	130
65	155	90	110	130
70	150	90	110	120
75	145	80	100	120

**** BPM**: Beats per minute, source: American College of Sports Medicine*

7.3.6 Training Frequency

At the beginning of training allow yourself enough time to get into shape. After a break from training, you should also allow sufficient time to rebuild physical condition.

Endurance Training! The priority is regularity and persistence of training - not the intensity. Fitness experts recommend in the beginning training three to four times per week within your target heart rate for at least 20 minutes per workout. Your primary objective should be, step-by-step to reach a level of fitness with which you can easily keep your heart rate in the target range for 50 to 60 minutes four to five times per week.

Running Shoes! In order to prevent sore feet and sore muscles caused by incorrect footwear, the use of high quality running or jogging shoes is recommended. Ensure there is adequate heel and arch support.

7.4 Contact Heart Rate Measurement

Grips which are located on the front cross bar of the railing transmit the user's heart rate. The transmission begins when the user holds on to the grips. After starting the device, the user may hold his hands on the grips for a heart rate measurement at any time. Please wait 5-10 seconds to obtain an accurate heart rate reading. The user's heart rate is automatically displayed on the display panel under "Heart rate".

7.5 Polar® Heart Rate Monitor

The display was designed so that the user's heart rate is indicated when a Polar® measuring device is used. In order to display the user's heart rate accurately on the screen, the built-in receiver display must receive a stable heart rate signal from the Polar® transmitter.

The Polar® heart rate system consists of three main elements:

- Sensor/transmitter.
- Chest strap/belt.
- Measuring device/console.

The receiver for the wireless system is installed in the measuring device assembly or the console display. When in operation the display shows the heart's activity in beats/minute.

⚠ WARNING

Danger of Electrical Disturbance!

Using the transmitter from the heart rate monitor in conjunction with an electric pacemaker may cause electrical interference and influence the functionality. This could cause a health hazard.

► **Never** use the heart rate monitor together with an electric pacemaker.

7.5.1 Applying the Chest Strap

The sensor / transmitter is to be worn below the chest and above the abdomen, preferably directly on the skin (not over clothing). The transmitter should be applied centrally below the chest muscles. After the belt is fastened, pull it away from the chest by stretching the strap and moistening the conductive electrode strips which are located below the buttons. The transmitter operates automatically while it is worn. It does not work if the connection between the transmitter and the body is broken. After you have removed the transmitter, wash the belt with a mild detergent in warm water and rinse thoroughly with clean water. However, since the transmitter can be activated by moisture, it should be wiped dry after cleaning. Never clean the surfaces of the transmitter with force.

Fig. 45 Chest Strap with POLAR Transmitter

Positioning: The transmitter should be positioned so that it is below the pectoralis (chest muscle) at sternum height (breastbone), logo to the outside. Moisten the contact surface of the transmitter in order to transmit the best signal possible from the body to the measuring device.

Cleaning: The chest strap can be washed. Remove belt from the transmitter, the electrodes must not be bent. Wash the strap and the electrodes with warm water and mild soap. Do not machine wash the electrodes and do not use alcohol.

Transmission Signal: The transmitter has a reach of about 120 cm. Depending on the model the receiver is located in the display of the device or below the emergency-off switch on the railing. When positioning several treadmills next to each other ensure that a minimum distance between the devices is kept in order to avoid the interference of the transmission signals between the runners.

7.5.2 Transmitter Function

The signal will only be transmitted if the transmitter is within one meter of the receiver. Note that variations in the heart rate display can occur when the transmitter is too close to other Polar® devices. Maintain at least one meter distance from other Polar® devices.

NOTE

It is possible that the heart rate measurement reception is irregular or completely disrupted when the Polar ® measuring device is too close to strong sources of electromagnetic radiation, for example, in the vicinity of overhead power lines, televisions, computers, electric motors or other fitness equipment. Only one transmitter should only be used within range of a receiver since the receiver might otherwise receive multiple signals and transmit inaccurate readings.

7.6 Standard Display

The keys on the display panels are diaphragm type switches, with which complete control of the device is possible. The emergency switch is a magnetic sensor which detects the presence of a magnet and switches the treadmill off immediately when the magnet is removed.

There are five indicators each with seven segments with which program statistics are displayed. The four-digit displays are programmed to display the time in the 88:88 format.

The numeric keypad is used for CSAFE compatibility and has no other function.

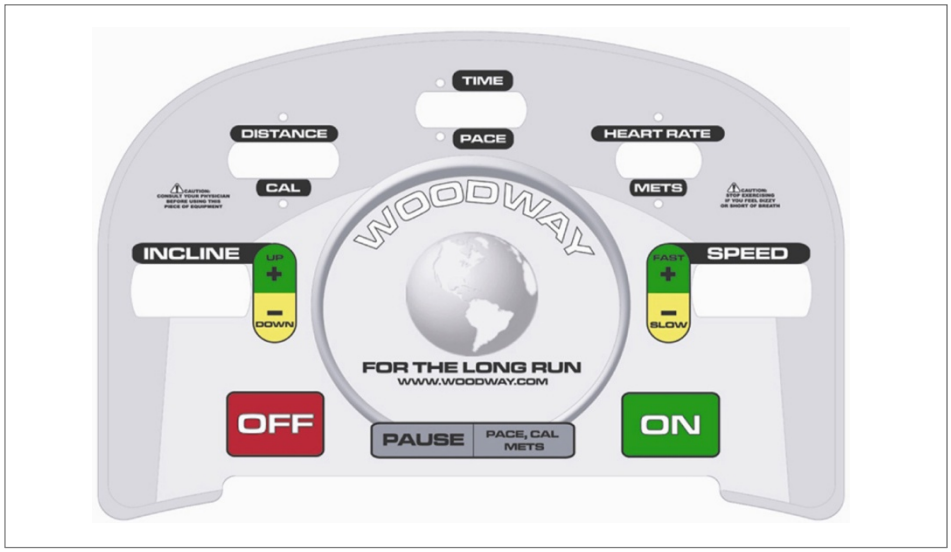


Fig. 46 Standard Display I

Fig. 47 Standard Display II

Fig. 48 Standard Display III

7.6.1 Display Parameters

- Manual SPEED and INCLINE control.
- Statistics display: DISTANCE, CALORIES, TIME, TIME/1000m, PULSE, METS.
- Treadmill SPEED and INCLINE display.
- Controlled increase/decrease of speed, safety checks and automatic shut-off in case of errors.

7.6.2 Starting the Help Program

First, check that the emergency stop magnet is in place. To switch the display on, press the "ON" key. A "0" is displayed in the speed and incline indicators. If the display is not lit, ensure that the treadmill is connected to the power supply and that the power switch is turned on.

7.6.3 Training Parameters

Training Start Press the SPEED**+** key to start training. The speed increases from "0". The time LED is lit and the time is displayed in the TIME display in the 00:00 format and counted. The DISTANCE and PULSE LEDs are lit and the corresponding values are displayed.

Active Control Element During training the user can change the incline using the incline keys UP and DOWN, and the speed using the speed keys **+** and **-** . The user can interrupt the training at any time using the PAUSE key.

Training Interruptions When the user presses the PAUSE key the treadmill stops. The TIME display indicates "PAUSE" and the other seven-part displays maintain the values from the time that the PAUSE key was pressed. To begin training again the user can press the PAUSE key again. The speed is increased to the former value and the time display starts counting the time.

Displayed Statistics During training, the user can press the TIME/1000m, CALORIES, or METS keys to change between the values for the distance, time and heart rate. The distance is replaced by calories, the time is replaced by time/km, and the heart rate is replaced by METs. When the TIME/1000m, CALORIES, METS key is pressed again, the displays show the original values again. The LEDs for the respective statistics are lit.

End Training The user can press the OFF key at any time to end the training session. Speed and incline are reset to zero. The training statistics are displayed for 10 seconds. The time display shows the total time and the distance/calories display shows the total distance and total calories burned alternately.

NOTE

The hold key on the Mercury keyboard and stop key on the Desmo keyboard correspond to the off key on the screen!

7.6.4 Description of Display Elements

The indicators in the display indicate the following data:

TIME: The time is displayed in 00:00 format. Time is always counted.

SPEED: The speed is displayed in 00.0 format. The SPEED shows the user's current sped in kilometers per hour. Valid speeds are: from 0.0 to the maximum speed (max. speeds vary depending on the model and applicable options).

DISTANCE: The distance is displayed in 00.00 format. DISTANCE shows the accumulated user's distance in kilometers.

CALORIES: The calories are displayed in 0000 format. CALORIES shows the user's accumulated burnt calories. They are calculated based on a standard weight of 70 kg.

TIME/1000m: The time/km is displayed in 00:00 format. PACE represents the time required to run one kilometer at the current speed.

METS: METs is displayed in 00.0 format and represents the conversion of 3.5 milliliters of oxygen per kilogram of body weight per minute.

PULSE: The heart rate is displayed in 000 format. PULSE represents the user's actual heart rate (pulse).

INCLINE: The incline display is used to show the user's current incline or to set the incline. Valid incline values start at 0 and increase in steps of 0.1% to the maximum level of incline, which varies depending on the model and the associated options.

7.7 Personal Trainer Display

The keys in the display fields allow the user to type command parameters to control treadmill operation. The user can also monitor their training progress. The emergency switch is a magnetic sensor which detects the presence of a magnet and switches the treadmill off immediately when the magnet is removed. There are five indicators each with seven segments with which program statistics are displayed. The four-digit displays are programmed to display the time in the 88:88 format.

Fig. 49 Personal Trainer Display I

Fig. 50 Personal Trainer Display II

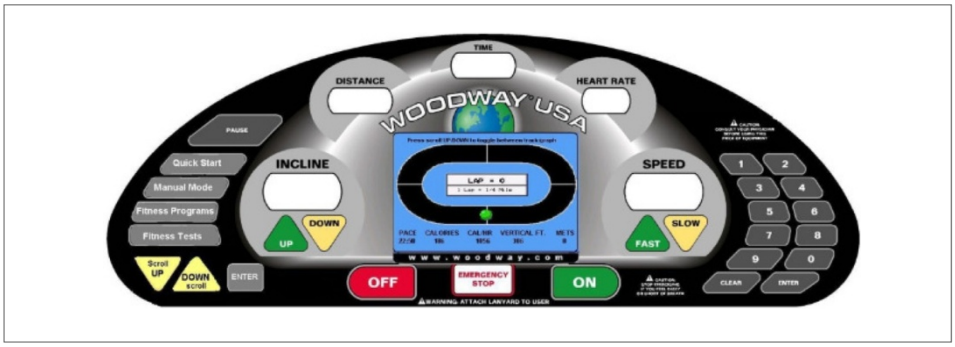


Fig. 51 Personal Trainer Display III

In the LCD display with a resolution of 320 x 240 pixels, the user's program selection profile and the progress during training are shown. With the program profiles the speed and incline curves are shown in charts.

The heart rate is measured with a Polar® receiver for the RF measurement of your heart rate with the Polar chest strap. In addition, there is an EKG pulse sensor in the railing for measuring the pulse rate through grip.

NOTE

The measurement of the heart rate via grips is not as exact as EKG and is considered an approximation!

Operating Functions

The user can control and display the following functions using the operator keypad:

- Manual speed and incline control.
- Statistics display of speed, incline, time, calories, METs, time / km, distance and heart rate.
- 10 integrated programs including manual operation.
- 100 user modifiable programs plus 4 fitness logs.
- Automatic speed and incline adjustment in programs.
- Controlled increase/decrease of speed, safety checks and automatic shut-off in case of errors.

Displayed Information

The following values appear in the personal trainer display to allow the user to monitor their progress:

- Speed profile.
- Incline profile.
- Time/ height.
- METs.
- Calories/distance.
- Speed/time per km.
- Heart rate.
- Calories per hour.

7.7.1 Description of Display Elements

TIME: The time is displayed in 00:00 format. In the user defined mode, the time is counted from zero. In the program modes the time is counted down.

SPEED: The speed is displayed in 00.0 format. SPEED represents the user's current speed in kilometers per hour, or it may be used to set the user's target speed. Valid speeds are: from 0.0 to the maximum speed (max. speeds vary depending on the model and applicable options).

DISTANCE: The distance is displayed in 00.00 format. DISTANCE shows the accumulated user's distance in kilometers. The distance is accumulated until the program is terminated or the user presses the pause button.

CALORIES: The calories are displayed in 0000 format. CALORIES shows the user's accumulated burnt calories. They are calculated according to the user's weight (entered at the beginning of the program). If the user does not enter a weight, the calories will be calculated using a standard weight of 70 kg. The calories are accumulated until the program is terminated or the user presses the pause button.

TIME/1000m: The time/km is displayed in 00:00 format. TIME represents the time required to run one kilometer at the current speed.

METS: METs is displayed in 00.0 format and represents the conversion of 3.5 milliliters of oxygen per kilogram of body weight per minute.

PULSE: The heart rate is displayed in 000 format. HEART RATE represents the user's actual heart rate (pulse).

INCLINE: The incline display is used to show the user's current incline or to set the incline. Valid incline values start at 0 and increase in steps of 0.1% to the maximum level of incline, which varies depending on the model and the associated options.

7.7.2 Quick Start (User Defined Operation)

1. First, ensure that the treadmill is plugged into the power supply and that the power switch (cutout in the side cover bottom right) is switched on.
2. Check that the EMERGENCY STOP MAGNET is in place.
3. To turn the display press and hold the "ON" key until the LED and LCD displays are lit. All functions can now be operated using the mentioned surrounding keys:
   - Quick Start.
   - Manual Mode (with weight entry).
   - Fitness Programs.
   - Fitness Tests.

Note: All specified options are located far left on the display and can be selected there directly.

7.7.3 Quick Start Display Parameter

The time is counted from zero, the speed starts at 0.1 km/h and the distance traveled and calories are accumulated. An oval 400-meter track is displayed the LCD display. A blinking point which represents the user's position moves around the track (counter-clockwise). In the middle of the track "Lap = 0" is displayed. Each lap around the track represents 400 meters. The lap counter counts each completed lap. Four laps represent a distance of 1.6 kilometers.

The number keys, CLEAR key and ENTER key are deactivated during this time.

During training in user defined mode, the user can change the incline using the incline keys UP and DOWN, and the speed using the speed keys FAST and SLOW. The user can interrupt the training at any time by pressing the PAUSE key.

The user course is laid out as shown in the following figure:

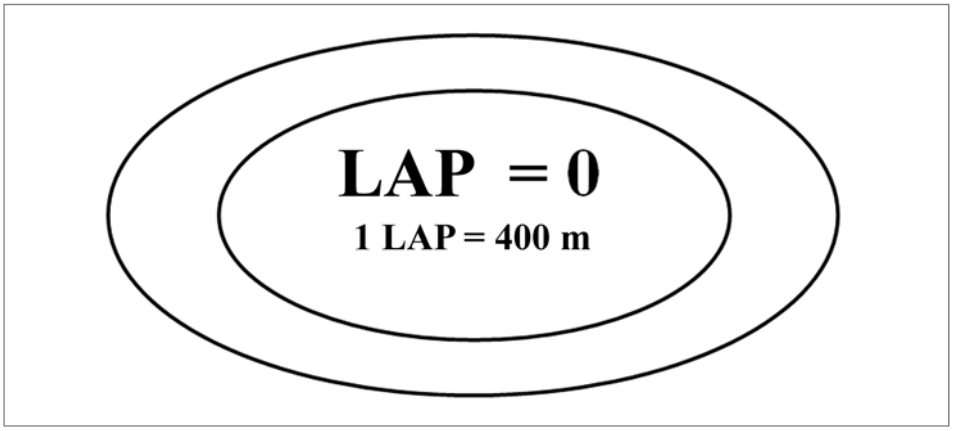


Fig. 52 User Defined Track

Interrupting the Training

When the user presses the PAUSE key the treadmill stops. The following information is shown on the LCD display: "PAUSE - CONTINUE: PRESS PAUSE"

The statistics are stopped with the pressing of the PAUSE key. When the user presses the PAUSE key again, the training continues. The CLEAR key is activated during the interruption. When the CLEAR key is pressed, the entire treadmill statistic is reset.

The statistics are displayed in the bottom of the screen throughout the training. It displays the information PACE, CALORIES, CAL / HOUR, VERTICAL and METs.

7.7.4 Starting a Training Program

Before starting a training program, it is advisable to consult a certified training professional or your family doctor. The program setup is started by pressing the FITNESS PROGRAMS button on the left side of the screen (or by selecting this option in the main Start menu).

Once you are in a program, you must use the number keys or the FAST-/SLOW key to set all required values. Scroll to change fields.

Entering the Difficulty Level

The program profile and the program title are displayed in the LCD display. The standard difficulty level 1 is displayed. The program profile is initially displayed at a higher level in order to better recognize the process. The desired difficulty level can be entered using the number keys. When selecting a difficulty level, the user should consider their current level of fitness and training goals. The current training level can be deleted using the CLEAR key. When the user has finished entering the desired training level, they can press the scroll key to confirm the entry and enter to the next value.

Entering Program Time

Next the program time must be entered. The standard 200:00 time is displayed. The user can enter their desired training duration using the number keys. The current time can be deleted using the CLEAR key. When the user has finished entering the desired training duration, they can press the scroll key to confirm the entry and enter to the next value.

Entering the Weight

Next the user's weight must be entered. For a quick start, the user can bypass the weight menu by simply pressing the FAST key and accepting the standard weight of 70 kg. They can then start the user defined training or enter a weight using the keypad. Valid weight values are 22 - 227 Kilograms (50 - 500 pounds). The current weight can be deleted using the CLEAR key. When the user has finished entering the weight, they can press the enter key to confirm the entry and begin the training.

Program Start

The time is counted down, the speed is set to the lowest possible speed, and the incline is set to the lowest possible level. Distance and calories are accumulated. The program profile is shown on the LCD display. The number keys, CLEAR key and ENTER key are then deactivated.

Usable Variables

While the program is running the user can change the incline using the incline keys UP and DOWN, and the speed using the speed keys FAST and SLOW. The user can interrupt the training at any time by pressing the PAUSE key. The status of the program you are in lights up to show your progress. The signal sounds 3 seconds before the speed and/or incline changes.

Pausing During Training

When the PAUSE key is pressed the treadmill stops. The following information is shown on the LCD display: "PAUSE - CONTINUE: The statistics are stopped with the pressing of the PAUSE key. When the user presses the PAUSE key again, the training continues. The CLEAR key is activated during the interruption. When the CLEAR key is pressed the entire treadmill statistics reset and the initial screen is displayed again (the LCD display shows the message "###Press 'FAST' for Quick Start or select a program###").

Displaying the Statistics

The statistics are displayed at the bottom of the screen throughout training. Here information such as PACE, CALORIES, CALORIES / HR, VERTICAL FEET and METs can be found.

Program End

When the program is completed, "###Program Complete###" appears on LCD 3 for a few seconds. Speed and incline are then reset to zero.

When the OFF key is pressed, speed and incline reset to zero. "TIME/KM = 00:00, CALORIES = 0000, METs =0.00" will be displayed on the LCD for 5 seconds. Then the display will switch off.

7.7.5 Fitness Programs

Target Programs

This is a conditioning program that requires peak performance in the middle of training. These programs build strength and endurance.

Phase Nr.

SPEED DATA

Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	0.5	0.5	0.6	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.2	1.1	1.0	0.9	0.8	0.7	0.6	0.6	0.5	0.5
2	0.9	1.0	1.1	1.2	1.4	1.6	1.8	2.0	2.2	2.4	2.4	2.2	2.0	1.8	1.6	1.4	1.2	1.1	1.0	0.9
3	1.4	1.5	1.7	1.8	2.1	2.4	2.7	3.0	3.3	3.6	3.6	3.3	3.0	2.7	2.4	2.1	1.8	1.7	1.5	1.4
4	1.8	2.0	2.2	2.4	2.8	3.2	3.6	4.0	4.4	4.8	4.8	4.4	4.0	3.6	3.2	2.8	2.4	2.2	2.0	1.8
5	2.3	2.5	2.8	3.0	3.5	4.0	4.5	5.0	5.5	6.0	6.0	5.5	5.0	4.5	4.0	3.5	3.0	2.8	2.5	2.3
6	2.7	3.0	3.3	3.6	4.2	4.8	5.4	6.0	6.6	7.2	7.2	6.6	6.0	5.4	4.8	4.2	3.6	3.3	3.0	2.7
7	3.2	3.5	3.9	4.2	4.9	5.6	6.3	7.0	7.7	8.4	8.4	7.7	7.0	6.3	5.6	4.9	4.2	3.9	3.5	3.2
8	3.6	4.0	4.4	4.8	5.6	6.4	7.2	8.0	8.8	9.6	9.6	8.8	8.0	7.2	6.4	5.6	4.8	4.4	4.0	3.6
9	4.1	4.5	5.0	5.4	6.3	7.2	8.1	9.0	9.9	10.8	10.8	9.9	9.0	8.1	7.2	6.3	5.4	5.0	4.5	4.1
10	4.5	5.0	5.5	6.0	7.0	8.0	9.0	10.0	11.0	12.0	12.0	11.0	10.0	9.0	8.0	7.0	6.0	5.5	5.0	4.5
STG	5.0	5.0	6.0	6.0	6.0	5.0	5.0	4.0	4.0	4.0	4.0	4.0	4.0	5.0	5.0	6.0	6.0	6.0	5.0	5.0

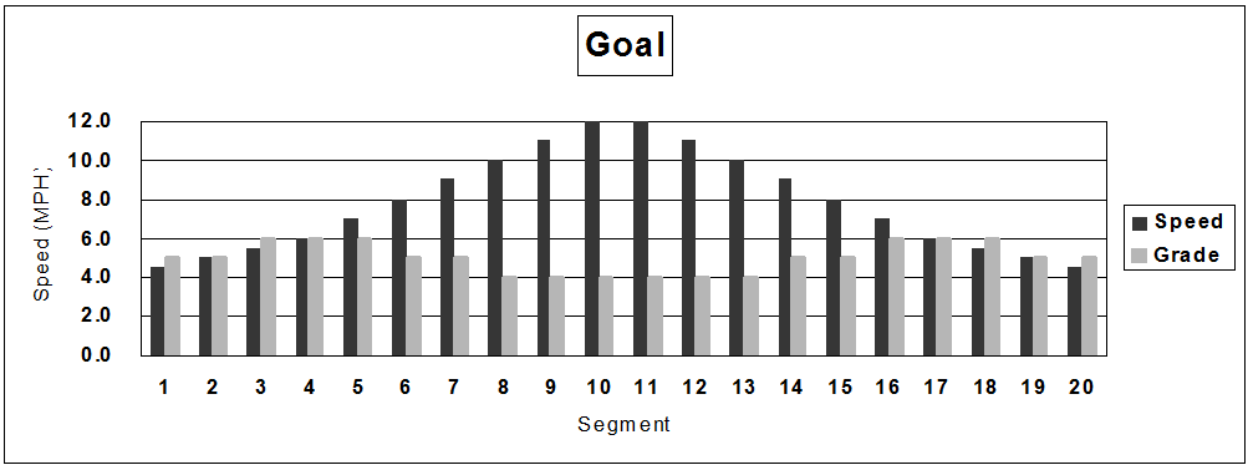


Fig. 53 Fitness Program - Target Program

Weight Loss Program A program with a constant load, and gradual warm-up and cool-down phases. This program is designed to provide exercise at a constant level.

Phase Nr.

	SPEED DATA																			
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	0.5	0.7	0.9	1.0	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.0	0.9	0.7	0.5
2	0.9	1.4	1.7	2.0	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.0	1.7	1.4	0.9
3	1.4	2.1	2.6	3.0	3.6	3.6	3.6	3.6	3.6	3.6	3.6	3.6	3.6	3.6	3.6	3.6	3.0	2.6	2.1	1.4
4	1.8	2.8	3.4	4.0	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.0	3.4	2.8	1.8
Level 5	2.3	3.5	4.3	5.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	5.0	4.3	3.5	2.3
6	2.7	4.2	5.1	6.0	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	6.0	5.1	4.2	2.7
7	3.2	4.9	6.0	7.0	8.4	8.4	8.4	8.4	8.4	8.4	8.4	8.4	8.4	8.4	8.4	8.4	7.0	6.0	4.9	3.2
8	3.6	5.6	6.8	8.0	9.6	9.6	9.6	9.6	9.6	9.6	9.6	9.6	9.6	9.6	9.6	9.6	8.0	6.8	5.6	3.6
9	4.1	6.3	7.7	9.0	10.8	10.8	10.8	10.8	10.8	10.8	10.8	10.8	10.8	10.8	10.8	10.8	9.0	7.7	6.3	4.1
10	4.5	7.0	8.5	10.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	10.0	8.5	7.0	4.5
STG	0.0	0.0	1.0	2.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0	2.0	1.0	0.0	0.0

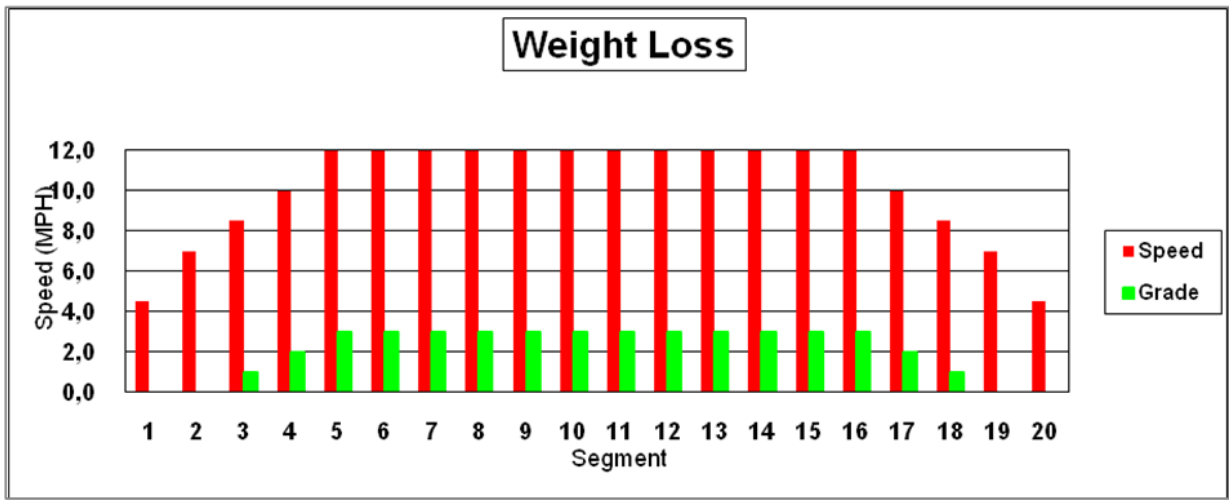


Fig. 54 Fitness Program - Weight Loss

Aerobic Program High level training with three very intense phases. This program is designed to improve the aerobic condition.

Phase Nr.

SPEED DATA

Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	0.5	0.6	0.8	1.0	1.2	1.0	0.8	0.6	0.8	1.0	1.2	0.8	0.6	0.8	1.0	1.2	1.0	0.8	0.6	0.5
2	0.9	1.2	1.6	2.0	2.4	2.0	1.6	1.1	1.6	2.0	2.4	1.6	1.1	1.6	2.0	2.4	2.0	1.6	1.2	0.9
3	1.4	1.8	2.4	3.0	3.6	3.0	2.4	1.7	2.4	3.0	3.6	2.4	1.7	2.4	3.0	3.6	3.0	2.4	1.8	1.4
4	1.8	2.4	3.2	4.0	4.8	4.0	3.2	2.2	3.2	4.0	4.8	3.2	2.2	3.2	4.0	4.8	4.0	3.2	2.4	1.8
5	2.3	3.0	4.0	5.0	6.0	5.0	4.0	2.8	4.0	5.0	6.0	4.0	2.8	4.0	5.0	6.0	5.0	4.0	3.0	2.3
6	2.7	3.6	4.8	6.0	7.2	6.0	4.8	3.3	4.8	6.0	7.2	4.8	3.3	4.8	6.0	7.2	6.0	4.8	3.6	2.7
7	3.2	4.2	5.6	7.0	8.4	7.0	5.6	3.9	5.6	7.0	8.4	5.6	3.9	5.6	7.0	8.4	7.0	5.6	4.2	3.2
8	3.6	4.8	6.4	8.0	9.6	8.0	6.4	4.4	6.4	8.0	9.6	6.4	4.4	6.4	8.0	9.6	8.0	6.4	4.8	3.6
9	4.1	5.4	7.2	9.0	10.8	9.0	7.2	5.0	7.2	9.0	10.8	7.2	5.0	7.2	9.0	10.8	9.0	7.2	5.4	4.1
10	4.5	6.0	8.0	10.0	12.0	10.0	8.0	5.5	8.0	10.0	12.0	8.0	5.5	8.0	10.0	12.0	10.0	8.0	6.0	4.5
STG	0.0	0.0	1.0	1.0	1.0	1.0	2.0	2.0	2.0	1.0	1.0	2.0	2.0	2.0	1.0	1.0	1.0	1.0	0.0	0.0

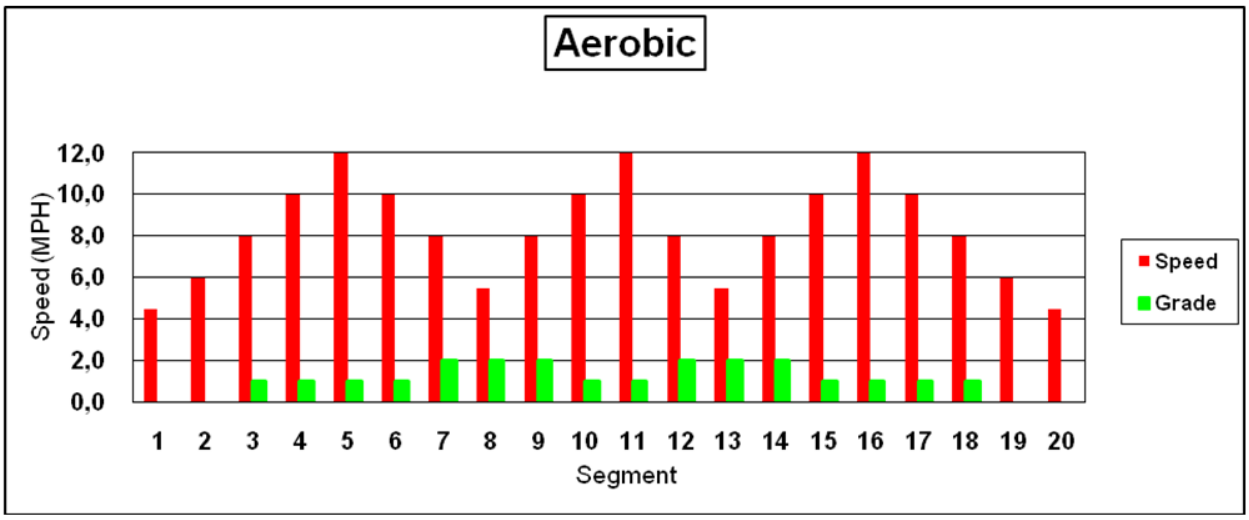


Fig. 55 Fitness Program - Aerobic

Interval Program This interval program consists of interval 1 and interval 2. Speed and incline must be entered in each interval (using the number keys or the FAST/SLOW key). Use the scroll key to change fields. Time and weight must also be entered. Press ENTER to start the program.

When the program has started three diagrams will be shown. The incline is shown in red in the top part of the screen; the speed is shown in green in the middle, and the heart rate in yellow at the bottom of the screen. The UP/DOWN key can be used throughout the training to alternate between the used intervals.

Random Program An interesting and challenging training program. Varying speed and incline changes are selected at random intervals.

Phase Nr.

SPEED DATA

Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	0.4	0.5	0.8	0.8	0.6	0.9	1.1	0.6	0.8	0.6	1.0	0.7	1.2	0.8	0.6	0.6	0.8	1.1	0.6	0.5
2	0.8	1.0	1.6	1.5	1.2	1.7	2.1	1.1	1.6	1.1	2.0	1.4	2.4	1.6	1.2	1.1	1.6	2.1	1.2	0.9
3	1.2	1.5	2.4	2.3	1.8	2.6	3.2	1.7	2.4	1.7	3.0	2.1	3.6	2.4	1.8	1.7	2.4	3.2	1.8	1.4
4	1.6	2.0	3.2	3.0	2.4	3.4	4.2	2.2	3.2	2.2	4.0	2.8	4.8	3.2	2.4	2.2	3.2	4.2	2.4	1.8
5	2.0	2.5	4.0	3.8	3.0	4.3	5.3	2.8	4.0	2.8	5.0	3.5	6.0	4.0	3.0	2.8	4.0	5.3	3.0	2.3
6	2.4	3.0	4.8	4.5	3.6	5.1	6.3	3.3	4.8	3.3	6.0	4.2	7.2	4.8	3.6	3.3	4.8	6.3	3.6	2.7
7	2.8	3.5	5.6	5.3	4.2	6.0	7.4	3.9	5.6	3.9	7.0	4.9	8.4	5.6	4.2	3.9	5.6	7.4	4.2	3.2
8	3.2	4.0	6.4	6.0	4.8	6.8	8.4	4.4	6.4	4.4	8.0	5.6	9.6	6.4	4.8	4.4	6.4	8.4	4.8	3.6
9	3.6	4.5	7.2	6.8	5.4	7.7	9.5	5.0	7.2	5.0	9.0	6.3	10.8	7.2	5.4	5.0	7.2	9.5	5.4	4.1
10	4.0	5.0	8.0	7.5	6.0	8.5	10.5	5.5	8.0	5.5	10.0	7.0	12.0	8.0	6.0	5.5	8.0	10.5	6.0	4.5
STG	0.0	1.0	1.0	2.0	2.0	0.0	0.0	1.0	1.0	1.0	0.0	0.0	0.0	1.0	2.0	2.0	1.0	1.0	0.0	0.0

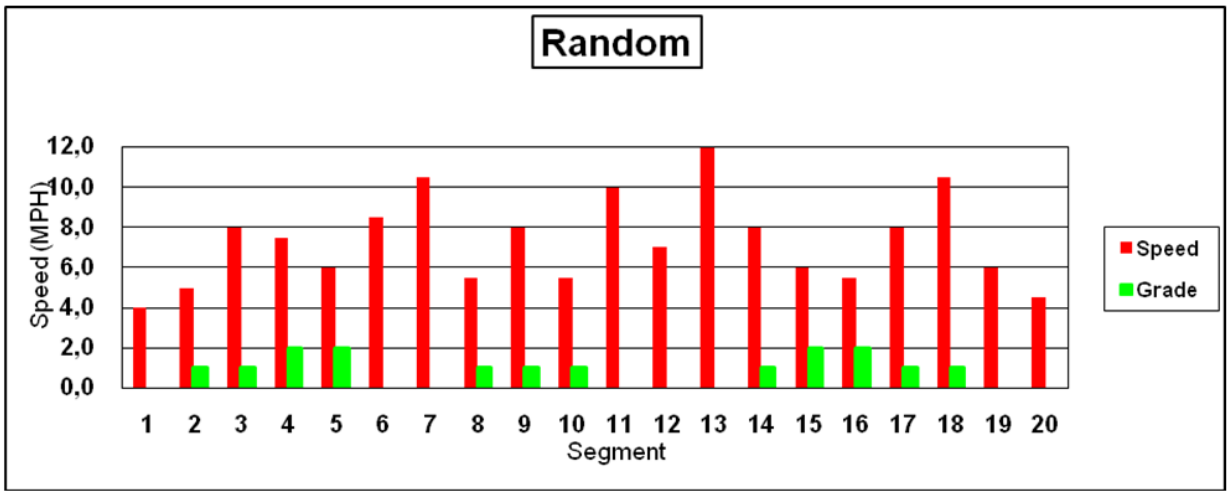


Fig. 56 Fitness Program - Random

Endurance Program A program with increasing load and two different phases, each with a peak load.

Phase Nr.

SPEED DATA

Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	0.5	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	0.5	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	0.5	0.5
2	0.9	1.0	1.2	1.4	1.6	1.8	2.0	2.2	2.4	0.9	1.0	1.2	1.4	1.6	1.8	2.0	2.2	2.4	0.9	0.9
3	1.4	1.5	1.8	2.1	2.4	2.7	3.0	3.3	3.6	1.4	1.5	1.8	2.1	2.4	2.7	3.0	3.3	3.6	1.4	1.4
4	1.8	2.0	2.4	2.8	3.2	3.6	4.0	4.4	4.8	1.8	2.0	2.4	2.8	3.2	3.6	4.0	4.4	4.8	1.8	1.8
5	2.3	2.5	3.0	3.5	4.0	4.5	5.0	5.5	6.0	2.3	2.5	3.0	3.5	4.0	4.5	5.0	5.5	6.0	2.3	2.3
6	2.7	3.0	3.6	4.2	4.8	5.4	6.0	6.6	7.2	2.7	3.0	3.6	4.2	4.8	5.4	6.0	6.6	7.2	2.7	2.7
7	3.2	3.5	4.2	4.9	5.6	6.3	7.0	7.7	8.4	3.2	3.5	4.2	4.9	5.6	6.3	7.0	7.7	8.4	3.2	3.2
8	3.6	4.0	4.8	5.6	6.4	7.2	8.0	8.8	9.6	3.6	4.0	4.8	5.6	6.4	7.2	8.0	8.8	9.6	3.6	3.6
9	4.1	4.5	5.4	6.3	7.2	8.1	9.0	9.9	10.8	4.1	4.5	5.4	6.3	7.2	8.1	9.0	9.9	10.8	4.1	4.1
10	4.5	5.0	6.0	7.0	8.0	9.0	10.0	11.0	12.0	4.5	5.0	6.0	7.0	8.0	9.0	10.0	11.0	12.0	4.5	4.5
STG	0.0	1.0	1.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.0	1.0	0.0

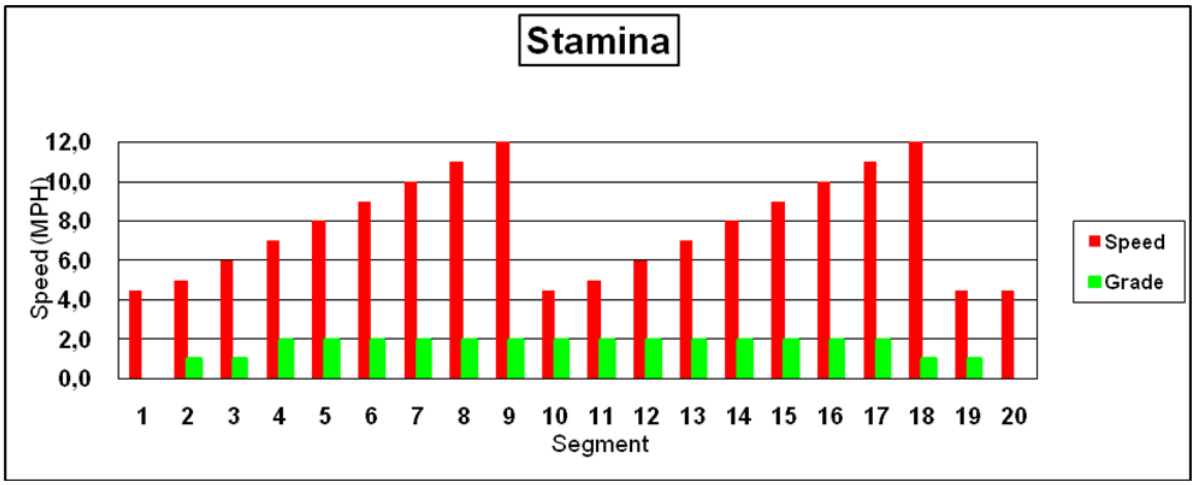


Fig. 57 Fitness Program - Endurance

5000 Meter Program This program is a distance-based program with a simulated 5 kilometer race track. The user determines the running speed by selecting an intensity level.

Phase Nr.

SPEED DATA

Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	0.5	0.5	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	0.5	0.5
2	0.9	0.9	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	0.9	0.9
3	1.4	1.4	3.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0	1.4	1.4
4	1.8	1.8	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	1.8	1.8
5	2.3	2.3	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	2.3	2.3
6	2.7	2.7	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	2.7	2.7
7	3.2	3.2	7.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0	3.2	3.2
8	3.6	3.6	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	3.6	3.6
9	4.1	4.1	9.0	9.0	9.0	9.0	9.0	9.0	9.0	9.0	9.0	9.0	9.0	9.0	9.0	9.0	9.0	9.0	4.1	4.1
10	4.5	4.5	10.0	10.0	10.0	10.0	10.0	10.0	10.0	10.0	10.0	10.0	10.0	10.0	10.0	10.0	10.0	10.0	4.5	4.5
STG	0.0	0.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0	0.0

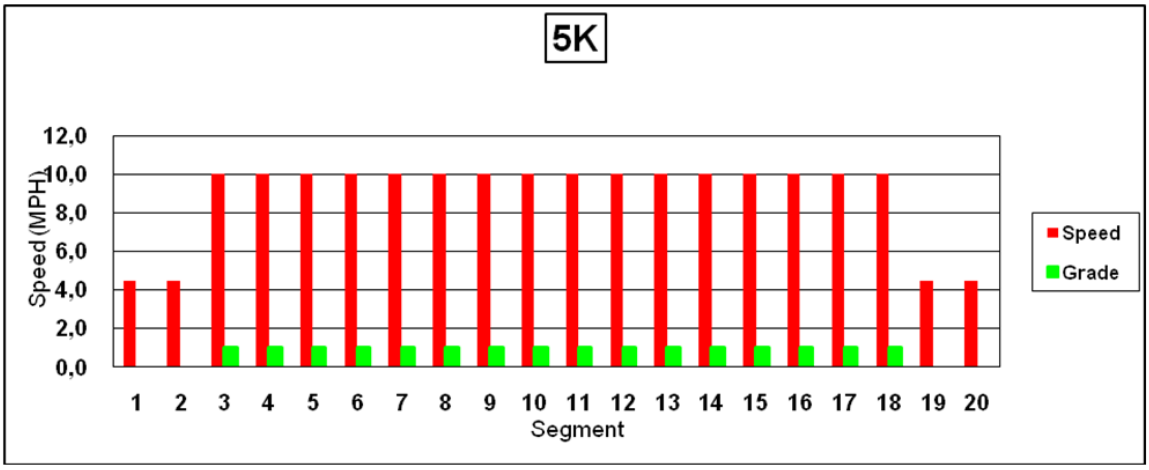


Fig. 58 Fitness Program - 5000 Meter

10,000 Meter Program This program is a distance-based program with which a 10 kilometer run can be simulated. These programs build endurance.

Phase Nr.

SPEED DATA

Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	0.5	0.5	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	0.5	0.5
2	0.9	0.9	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	0.9	0.9
3	1.4	1.4	3.6	3.6	3.6	3.6	3.6	3.6	3.6	3.6	3.6	3.6	3.6	3.6	3.6	3.6	3.6	3.6	1.4	1.4
4	1.8	1.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	1.8	1.8
5	2.3	2.3	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	6.0	2.3	2.3
6	2.7	2.7	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	2.7	2.7
7	3.2	3.2	8.4	8.4	8.4	8.4	8.4	8.4	8.4	8.4	8.4	8.4	8.4	8.4	8.4	8.4	8.4	8.4	3.2	3.2
8	3.6	3.6	9.6	9.6	9.6	9.6	9.6	9.6	9.6	9.6	9.6	9.6	9.6	9.6	9.6	9.6	9.6	9.6	3.6	3.6
9	4.1	4.1	10.8	10.8	10.8	10.8	10.8	10.8	10.8	10.8	10.8	10.8	10.8	10.8	10.8	10.8	10.8	10.8	4.1	4.1
10	4.5	4.5	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	12.0	4.5	4.5
STG	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

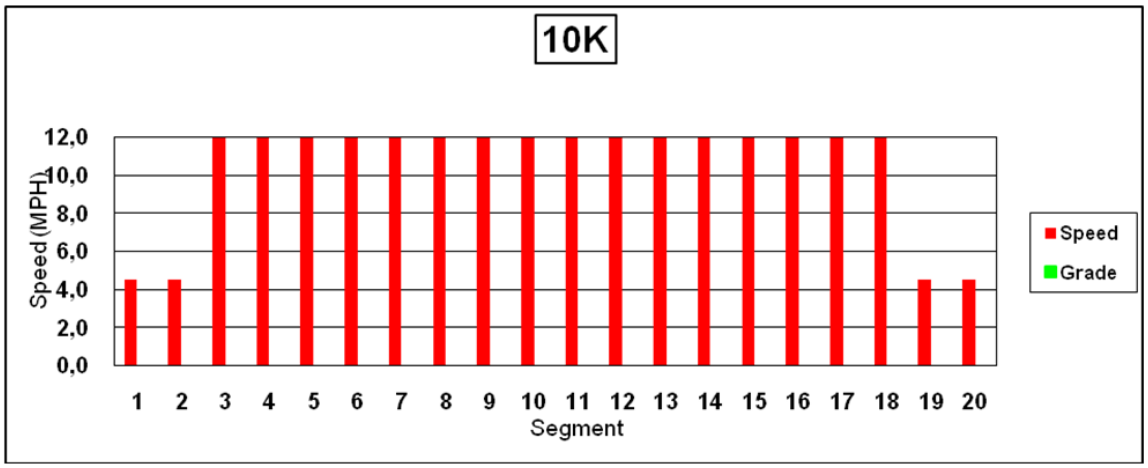


Fig. 59 Fitness Program - 10,000 Meter

Increasing Program A program with a slowly increasing load. Here you will gradually increase to the top speed for the selected intensity level. Then a cool-down phase begins.

Phase Nr.

SPEED DATA

Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	0.5	0.5	0.5	0.6	0.6	0.7	0.7	0.8	0.8	0.9	0.9	1.0	1.0	1.1	1.1	1.2	1.2	0.5	0.5	0.5
2	0.9	0.9	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4	0.9	0.9	0.9
3	1.4	1.4	1.5	1.7	1.8	2.0	2.1	2.3	2.4	2.6	2.7	2.9	3.0	3.2	3.3	3.5	3.6	1.4	1.4	1.4
4	1.8	1.8	2.0	2.2	2.4	2.6	2.8	3.0	3.2	3.4	3.6	3.8	4.0	4.2	4.4	4.6	4.8	1.8	1.8	1.8
5	2.3	2.3	2.5	2.8	3.0	3.3	3.5	3.8	4.0	4.3	4.5	4.8	5.0	5.3	5.5	5.8	6.0	2.3	2.3	2.3
6	2.7	2.7	3.0	3.3	3.6	3.9	4.2	4.5	4.8	5.1	5.4	5.7	6.0	6.3	6.6	6.9	7.2	2.7	2.7	2.7
7	3.2	3.2	3.5	3.9	4.2	4.6	4.9	5.3	5.6	6.0	6.3	6.7	7.0	7.4	7.7	8.1	8.4	3.2	3.2	3.2
8	3.6	3.6	4.0	4.4	4.8	5.2	5.6	6.0	6.4	6.8	7.2	7.6	8.0	8.4	8.8	9.2	9.6	3.6	3.6	3.6
9	4.1	4.1	4.5	5.0	5.4	5.9	6.3	6.8	7.2	7.7	8.1	8.6	9.0	9.5	9.9	10.4	10.8	4.1	4.1	4.1
10	4.5	4.5	5.0	5.5	6.0	6.5	7.0	7.5	8.0	8.5	9.0	9.5	10.0	10.5	11.0	11.5	12.0	4.5	4.5	4.5
STG	0.0	1.0	2.0	2.0	2.0	2.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0	0.0	0.0

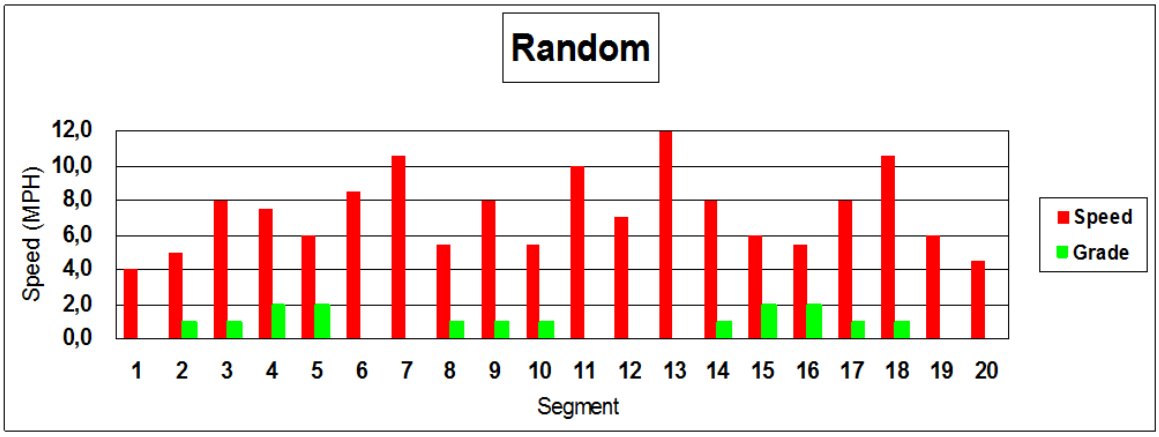


Fig. 60 Fitness Program - Increasing

7.7.6 Further Programs

Balke Program

This program is designed to determine the user's current fitness level. Using the Balke protocol this program evaluates the functional aerobic capacity (VO2max), with which the cardiorespiratory fitness of the user is determined. Under an increasing load, the oxygen consumption (VO2) eventually reaches a plateau. This is the desired maximum VO2 value.

Set the values for your age and sex using the number keys or the FAST/SLOW key. Scroll to change fields. Press ENTER to start the program.

A chest strap is required for the test. Changing the speed or incline will make the test invalid. The test is terminated when the user's heart rate stabilizes at 130 BPM or at 80% of the user's maximum heart rate (whichever value is lower). Press the FAST key to begin.

The time is automatically set to 20 minutes since the program has 20 program parts. In reality the test is terminated earlier. With this protocol the speed remains constant at 5.5 km/h. The incline in the first minute is 0% and in the second minute 2%. With each following minute the incline increases by 1%.

A fitness value is displayed along with one of the following tables, so that the user can evaluate their level of fitness (fitness value - VO2max value).

Men

	10-19	20-29	30-39	40-49	50-59	60-69	70-79
High	56+	53+	49+	45+	43+	41+	39+
Good	46-55	43-52	39-48	36-44	34-42	31-40	29-38
Average	36-45	34-42	31-38	27-35	25-33	23-30	21-28
Adequate	27-35	25-33	23-30	20-26	18-24	16-22	14-20
Low	27	25	23	20	18	16	14

Women

	10-19	20-29	30-39	40-49	50-59	60-69	70-79
High	53+	49+	45+	42+	38+	35+	33+
Good	41-52	38-48	34-44	31-41	28-37	24-34	22-32
Average	33-40	31-37	28-33	24-30	21-27	18-23	15-21
Adequate	27-32	24-30	20-27	17-23	15-20	13-17	11-14
Low	27	24	20	17	15	13	11

Gerkin Program

With the Gerkin protocol there is a tiered VO2 test with submaximal values. It is used by the International Association of Fire Fighters to determine fitness for service with the fire department.

Set the values for your age and sex using the number keys or the FAST/SLOW key. Scroll to change fields. Press ENTER to start the program. STOP THE TEST if you do not feel well. This test calculates the fitness, when the heart rate stabilizes at ____ BPM. Then a cool-down phase begins. Do not change the speed or incline. Press the FAST key to begin.

FITTNESS TEST PROTOCOL WORKSHEET:

Name:		Date:	
Resting heart rate:	I.	II.	III.
Resting blood pressure:	I.	II.	III.
Weight:	kg	Training target heart rate (85% of the MHF):	

⚠ CAUTION

IF THE PERSON AT ANY TIME DURING A TEST EXPERIENCES CHEST PAIN, DIZZINESS, ATAXIA, CONFUSION, NAUSEA OR COLD SWEAT, THE TEST MUST BE ENDED IMMEDIATELY.

- Place the heart rate device on the person and give them a towel.
- The heart rate of uniformed personnel is measured continuously throughout the test and in the cool-down phase. The heart rate is retrieved and recorded during the last 15 seconds of each phase.
- If the heart rate of the person exceeds the target training heart rate, continue the test in the phase in which the target training heart rate was exceeded for an additional 15 seconds.
- The test is completed and the final testing phase is given if the heart rate does not return to the target training heart rate (or a lower value) or when the person reaches phase 11.4.
- The VO2max is determined using the retrieved final test phase and the conversion table.
- Record the heart rate after a one minute cool-down.

PHASE	MINUTE	Speed (km/h)	INCLINE (%)	Heart rate (last 15 seconds of the phase)
Warm-up	3 minutes	3.0	0	
1	1	4.5	0%	
2	2	4.5	2%	
3	3	5.0	2%	
4	4	5.0	4%	
5	5	5.5	4%	
6	6	5.5	6%	
7	7	6.0	6%	
8	8	6.0	8%	
9	9	6.5	8%	
10	10	6.5	10%	
11	11	7.0	10%	
Cool-down	1 minute	3.0	0	

PHASE	TIME	CALCULATED VO_{2max}
1	1:00	31:15
2.1	1:15	32:55
2.2	1:30	33:6
2.3	1:45	34:65
2.3	2:00	35:35
3.1	2:15	37:45
3.2	2:30	39:55
3.3	2:45	41:30
3.4	3:00	43:4
4.1	3:15	44:1
4.2	3:30	45:15
4.3	3:45	46:2
4.4	4:00	46:5
5.1	4:15	48:6
5.2	4:30	50
5.3	4:45	51:4
5.4	5:00	52:8
6.1	5:15	53:9
6.2	5:30	54:9
6.3	5:45	56
6.4	6:00	57
7.1	6:15	57:7
7.2	6:30	58:8
7.3	6:45	60:2
7.4	7:00	61:2
8.1	7:15	62:3
8.2	7:30	63:3
8.3	7:45	64
8.4	8:00	65
9.1	8:15	66:5
9.2	8:30	68:2
9.3	8:45	69
9.4	9:00	70:7
10.1	9:15	72:1
10.2	9:30	73:1
10.3	9:45	73:8
10.4	10:00	74:9
11.1	10:15	76:3
11.2	10:30	77:7
11.3	10:45	79:1
11.4	10:00	80

Cooper Program

Set the values for your age and sex using the number keys or the FAST/SLOW key. Scroll to change fields. Press ENTER to start the program. Run as far as you can in 12 minutes. TO ACHIEVE AN OPTIMAL RESULT THE SPEED MUST BE ADAPTED DURING THIS TEST: Leave the incline at 0%. Press the FAST key to begin.

Conduct Test: The test is to find out in how far an athlete can run/walk in twelve Minutes. The assistant should round the results off 100 meters.

Standard data for the Cooper test:

Age	Outstanding	Above average	Average	Below average	Weak
Male 13-14	> 2700 m	2400–2700 m	2200-2399 m	2100-2199 m	< 2100 m
Female 13–14	> 2000 m	1900-2000 m	1600-1899 m	1500-1599 m	< 1500 m
Male 15-16	> 2800 m	2500-2800 m	2300-2499 m	2200-2299 m	< 2200 m
Female 15-16	> 2100 m	2000-2100 m	1700-1999 m	1600-1699 m	< 1600 m
Male 17-20	> 3000 m	2700-3000 m	2500-2699 m	2300-2499 m	< 2300 m
Female 17-20	> 2300 m	2100-2300 m	1800-2099 m	1700-1799 m	< 1700 m

The following table shows performance evaluations for older athletes:

Age	Outstanding	Above average	Average	Below average	Weak
Male 20-29	> 2800 m	2400-2800 m	2200-2399 m	1600-2199 m	< 1600 m
Female 20-29	> 2700 m	2200–2700 m	1800-2199 m	1500-1799 m	< 1500 m
Male 30-39	> 2700 m	2300–2700 m	1900-2299 m	1500-1999 m	< 1500 m
Female 30-39	> 2500 m	2000-2500 m	1700-1999 m	1400-1699 m	< 1400 m
Male 40-49	> 2500 m	2100-2500 m	1700-2099 m	1400-1699 m	< 1400 m
Female 40-49	> 2300 m	1900-2300 m	1500-1899 m	1200-1499 m	< 1200 m
Male > 50	> 2400 m	2000-2400 m	1600-1999 m	1300-1599 m	< 1300 m
Female > 50	> 2200 m	1700-2200 m	1400-1699 m	1100-1399 m	< 1100 m

Rockport Program

Set the values for your age and sex using the number keys or the FAST/SLOW key. Scroll to change fields. Press ENTER to start the program. Walk 1609 meters (one mile) as fast as you can. TO ACHIEVE AN OPTIMAL RESULT THE SPEED MUST BE ADAPTED DURING THIS TEST: Leave the incline at 0%. You must wear a chest strap or hold on the grips. Press the FAST key to begin.

Conduct Test:

- Record your weight.
- Walk 1609 meters as fast as possible.
- Record the time for the 1609 meter walk.
- Record your heart rate after finishing the walk (beats per minute).
- Determine your V="max value using the formula below.

Analysis: The analysis of the results is to compare the results with the results of previous tests. It can be expected that with appropriate training improvement will be seen between the tests in the analysis.

The formula for the calculation of VO2max value is as follows:

- 132.853 - (0.0769 × Weight) - (0.3877 × Age) + (6.315 × Sex) - (3.2649 × Time) - (0.1565 × Heart rate).

The following applies:

- Weight in pounds (lbs.).
- Sex: male = 1 and female = 0.
- The time is given in minutes and hundredths of minutes.
- The heart rate is given in beats/minute.
- The age is given in years.

Female				Male			
Age	**High**	**Average**	**Low**	**Age**	**High**	**Average**	**Low**
18-21	> 45.3	42.7-41.0	> 39.4	18-21	> 56.1	52.4-54.1	< 49.8
20-29	> 40.9	36.7-33.8	> 30.6	20-29	> 48.2	44.2-41.0	< 37.1
30-39	> 38.6	34.6-32.3	> 28.7	30-39	> 46.8	42.4-38.9	< 35.4
40-49	> 36.3	32.3-29.5	> 26.5	40-49	> 44.1	39.9-36.7	< 33.0
50-59	> 32.3	29.4-26.9	> 24.3	50-59	> 41.0	36.7-33.5	< 30.2
60+	> 31.2	27.2-24.5	> 22.8	60+	> 38.1	33.6-30.2	< 26.5

7.7.7 Automatic Pulse Programs

Basics

NOTE

The automatic pulse programs can only work effectively if you wear a chest strap for heart rate measurement!

1. When the automatic pulse program has been selected the user is prompted to enter their age, target heart rate, maximum speed, maximum time and weight on the initial screen. The user can enter the age using the number keys. (Valid age entries are 15–100.) The current age can be deleted using the CLEAR key. When the user has entered their age, the scroll-down key is used to move to the next value. When the age is changed, the target heart rate changes automatically. When the displayed value is correct, proceed to the next value.
2. The target heart rate can also be entered using the number keys. After the correct value has been entered, press the scroll down key to proceed to the next value. The user must select the control type they want to use using the FAST/SLOW key (only speed, only incline or both).
3. If the automatic pulse is selected with speed control or both criteria, the user must next select the maximum speed using the number keys. Use the scroll-down key to complete the entry by entering a maximum time and the user's weight (or just press ENTER to use the current values).
4. When the training begins, the automatic pulse profile is displayed on the LCD display. Above the profile illustration a title will be displayed which indicates what kind of automatic pulse is being used.

NOTE

The value 0.1 km/h can be seen in the speed display. To actually start the workout you must manually select the speed of the device according to your feeling. The automatic pulse takes over the control of the speed after a few seconds!

5. While using the program the user can change the incline using the incline keys UP and DOWN, and the speed using the speed keys FAST and SLOW. The target heart rate can be changed at any time while the automatic pulse program is being executed. The user can enter a new target heart rate using the number keys. Press the CLEAR key to delete the newly entered target heart rate. Press the ENTER key to confirm it.

Pulse control

Only one of the automatic pulse types can be used during training. The user selects his desired algorithm during program setup.

Automatic Pulse - Only Incline

This automatic pulse program only controls the incline. The user selects the speed themselves.

The automatic pulse - "only incline" functions as follows:

- If the actual heart rate is 80 beats per minute (BPM) below the target, the incline is not adjusted. As a result proper warm-up phase is possible.
- If the actual heart rate is 26-80 BPM below the target, the incline will increase 1% after 15 seconds.
- If the actual heart rate is 6-25 BPM below the target, the incline will increase 1% after 30 seconds.
- If the actual heart rate is 3-25 BPM below the target, the incline will increase 0.5% after 30 seconds.
- If the actual heart rate is at least 3 BPM above the target, the incline will decrease 1% after 15 seconds.
- There is no adjustment when the actual heart rate deviates from the target by a maximum of 2 BPM.

Automatic Pulse - Only Speed

This automatic pulse program only controls the speed. The user selects the incline themselves.

The automatic pulse - "only speed" functions as follows:

- If the actual heart rate is 80 beats per minute (BPM) below the target, the speed is not adjusted. As a result proper warm-up phase is possible.
- If the actual heart rate is 26-80 BPM below the target, the speed will increase 0.64 km/h after 8 seconds.
- If the actual heart rate is 6-25 BPM below the target, the speed will increase 0.32 km/h after 15 seconds.
- If the actual heart rate is 3-5 BPM below the target, the speed will increase 0.16 km/h after 15 seconds.
- If the actual heart rate is at least 3 BPM above the target, the speed will decrease 0.32 km/h after 15 seconds.
- There is no adjustment when the actual heart rate deviates from the target by a maximum of 2 BPM.

Automatic Pulse - Incline and Speed

This automatic pulse program controls the incline as well as the speed.

The automatic pulse - "incline and speed" functions as follows:

- The speed is increased in increments until 80% of the user's maximum speed is reached (calculation based on user training level input).
- The incline is increased in increments until 10% of the maximum treadmill incline is reached.
- The speed is increased in increments until the user's maximum speed is reached.
- The incline is increased until the maximum treadmill incline is reached.
- The speed and incline adjustments follow the above algorithms.

7.7.8 Program Options

Changing Programs During Training

- Simply press the FITNESS PROGRAMS key (or any other button in the menu) left on the screen to bring up the main menu and make another selection.

Programing User Programs

- 100 user program profiles are available. Each profile consists of 40 parts, each of which has programmable time, speed and incline settings.
- If a number key is pressed while the user is being prompted to make an entry, the program setup begins. The user program associated to this number key is displayed on the LCD display. Then the user can set up the program and begin training. The user does not enter duration for user programs. The training duration is calculated by adding the values stored for the respective part (for this profile).

Editing User Programs

- To help in distinguishing between programs, all program names can be changed (up to 24 characters) directly on the screen by pressing PAUSE. To carry out an accidental change the key must be pressed for about 5 seconds.
- To edit one of the 100 user programs press CLEAR after selecting a user program. Then the screen for editing user programs will be displayed. The values can be changed using the number keys or the FAST/SLOW key. Scroll to change fields. Press ENTER to start the program, or PAUSE to reset the program.
- Press ENTER to save the new value and to change to the data for the next part. Repeat this process for all 40 parts. After programming is complete press the OFF button to exit the user program edit screen and to turn off the treadmill.
- Note, on this screen you must press and hold CLEAR and PAUSE for five seconds.

8 Options

8.1 Power Input 208 / 230 V

The input voltage requirements of 208 and 230 V AC are versions for all WOODWAY treadmills. An input power transformer for 208 V AC or 230 V AC has been installed and connected. This does not affect the other parts of the treadmill.

8.2 Control Element in the Railing

One of the unique features of the numerous WOODWAY treadmills is the side controls on the railing. By using the controls on the railing the user can adjust the speed and/or incline it without leaning over the display. This means the user does not have to stop running. This minimizes the risk of losing the balance and/or falling.

The control panel on the railing consists of five keys. They are as follows: STOP, SPEED INC., SPEED DEC., ELEV. UP and ELEV. DOWN.

8.3 TV Setting, 4Front

To access the TV settings switch the TV on. Ensure that when the TV is switched on the [ATV] wire input is selected.

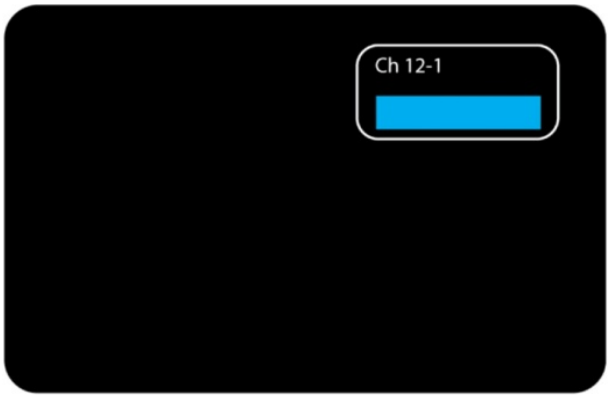


Fig. 61 TV Wire Input

To ensure the TV in the correct input mode, press and hold the ENTER button. A box with the input channel appears. The box can blink or be permanently displayed - in any case press and hold the ENTER button until the box blinks again after about 15-20 sec.

Release the ENTER button and press the INPUT button. The setting options menu appears. On the left side you will see the options and the corresponding settings on the right side.

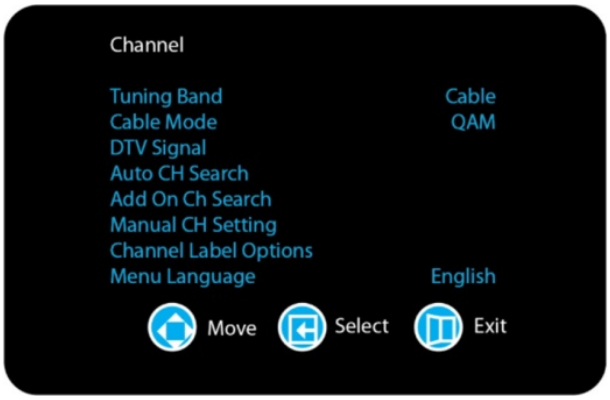


Fig. 62 TV Settings

For automatic channel setting press the "VOL +" key to enter the channel. Press the "CH -" key to scroll through the settings. Next select "Automatic tuning".

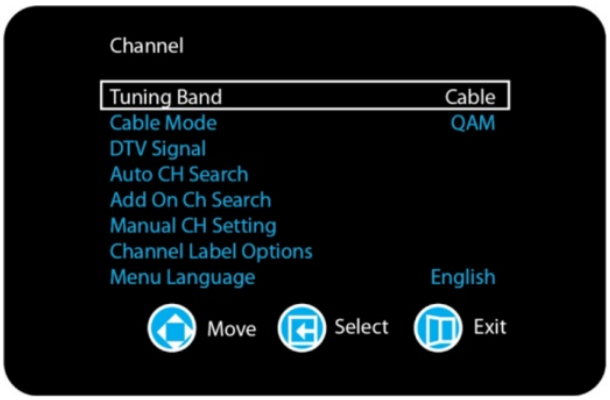


Fig. 63 TV Channel Search Selection

Press the "VOL +" key again for channel search.

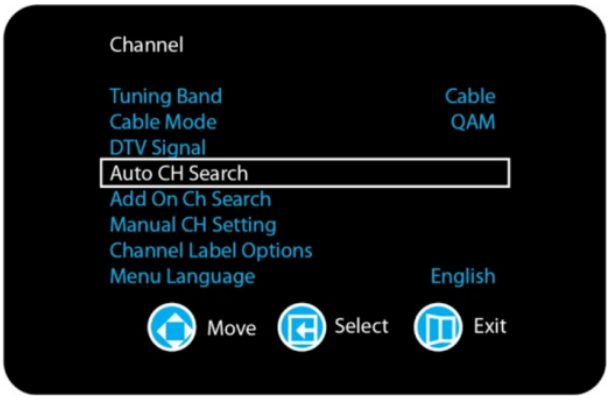


Fig. 64 TV Automatic Channel Search

To navigate through the settings, press the "CH +" or "CH -" key to scroll. When you have selected the desired entry, press the "VOL +" key. Your selection is displayed on the right side. In the selection list you scroll to the desired entry with the "VOL +" key. To change to the next higher menu level, press the "VOL -" key.

9 Maintenance and Cleaning

⚠ WARNING

Danger of injury due to lack of qualifications!

If maintenance or repairs are not carried out by professionally qualified personnel, this may cause material damage and serious injury.

- ► Maintenance and repair work may only be performed by qualified personnel!
- ► It is the sole responsibility of the representative to assign qualified personnel for maintenance and repair work.
- ► In case of doubt or questions, always contact WOODWAY customer service or your dealer!
- ► The manufacturer is not liable for personal injury and material damage caused by a lack of qualifications!

9.1 Cleaning

⚠ DANGER

Danger of death by electric shock!

The use of water and liquid detergents as part of cleaning work can cause serious or fatal electrical shock.

- ► No liquids may come in contact with electrical parts such as motor, power cord and power switch, control monitors.
- ► Do not spray the device with a water jet.
- ► Pull power plug before cleaning, equipment must not be connected to power! Ensure the device cannot be switched back on.

The running surface should be thoroughly cleaned at regular intervals, depending on the intensity of use.

Remove light dirt and dust with a soft cloth. Dirt can be removed with damp cloth and mild soapy water. After cleaning dry with a dry cloth!

Cleaning Notes:

- Do not use abrasive brushes or abrasive cleaners, as the paint and plastic surfaces can be scratched.
- Do not use sharp tools for cleaning.
  (knife, metal scraper) or aggressive solvents.
- Clean all surfaces with a non-abrasive, mild detergent.
- To avoid damage to component surfaces, observe the instructions for detergent use.

9.2 Maintenance Intervals

DANGER

Danger of death by electric shock!

Maintenance and inspection work on the unit may cause serious or fatal electrical shock.

► Pull the power plug prior to any maintenance and inspection work on the equipment. The device must not be connected to the power!
► Ensure the device cannot be switched back on.

Weekly Maintenance

- Clean handrails, display and side covers with a damp cloth.
- Disinfect railings and controls.
- Clean the running surface with a damp, lint-free cloth.
- Visual check the power cord for damage.
- Check the treadmill for mechanical damage.
- Checking mounting of all control elements.
- Clean the area under the treadmill (vacuum and mop).

CAUTION

Worn or damaged components must be replaced immediately. If the observed deficiency can cause danger to the user or operator of the treadmill, it needs to be taken out of service until repaired.

Semi-Annual Maintenance

Preventive maintenance consists of the following measures:

- Vacuum dust from the inside of the treadmill (pull the treadmill plug and remove the side covers).
- Check all nuts and bolts. Tighten loose nuts and bolts.
- Clean the running surface.
- Check the toothed belt and replace it when teeth are missing or badly worn.

Annual Maintenance

Significant measures for inspection of the treadmill:

- Lubricate the roller bearings in the front and back.

9.3 Lubrication

9.3.1 Bearings

Almost all bearings in the treadmill have been lubricated by the manufacturer and must not be greased. The four (4) bearings at the front and rear axle must be lubricated once a year with one stroke of the grease gun.

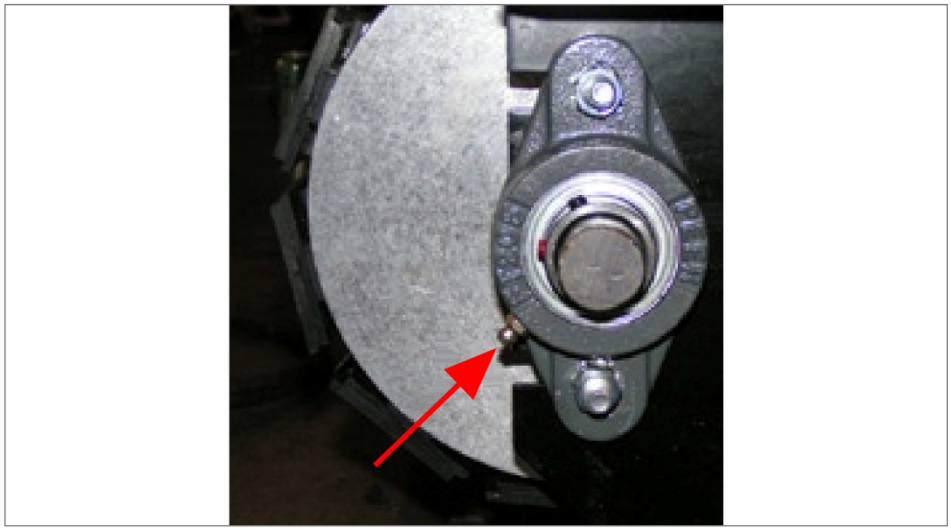


Fig. 65 Lubrication, Axle bearing

The side panels must be removed for lubrication.

9.3.2 Running Surface Belt, Drive Axle

The teeth on the bottom of the tread belt are sufficiently lubricated in the factory to minimize noise. The teeth do not need to be lubricated. When the running surface belt rubs on the side of the guide rollers, the use of a small amount of lubricant (Molykote or similar product) on the edges of the slats can contribute to noise reduction. To ensure correct tread belt alignment apply grease to the teeth on the rear driving axle.

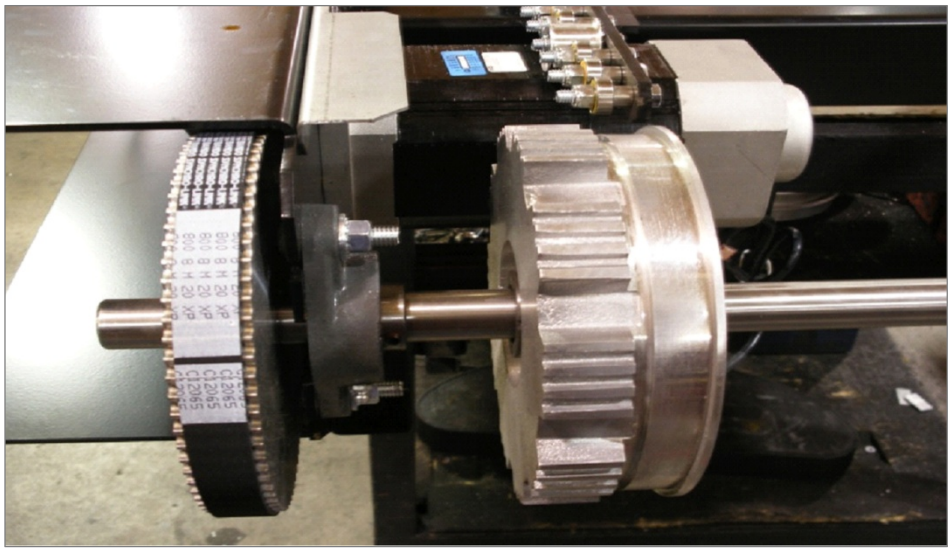


Fig. 66 Lubrication, Drive Axle

9.4 Toothed Belts

As with the running surface belt, the use of a small amount of lubricant on the edge of the belt is only necessary to reduce squeaking of the belt. Lubricant should be used sparingly.

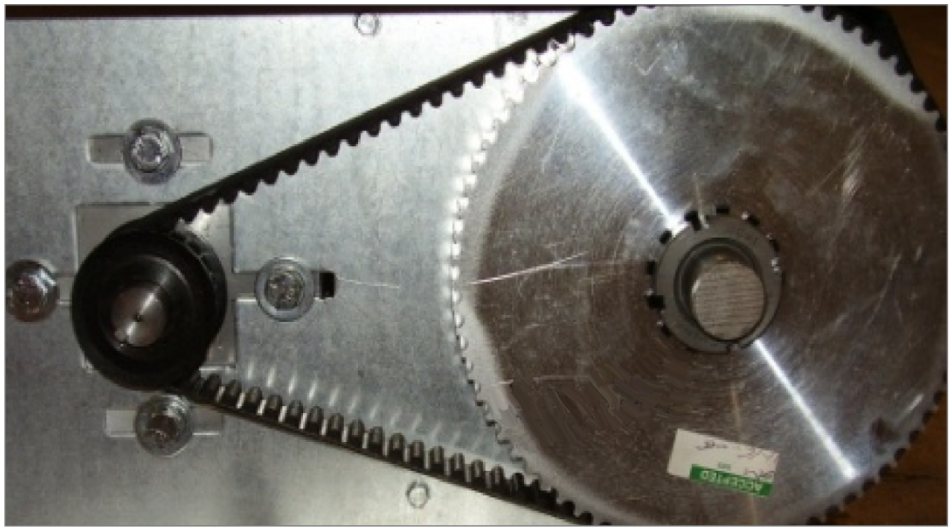


Fig. 67 Toothed Belts

9.5 Incline System

The incline systems on WOODWAY treadmills are lubricated by the manufacturer. The system must be checked when used over several hours or in a very dusty environment. If required, apply a small amount of lubricant to the chain and the incline drive racks.

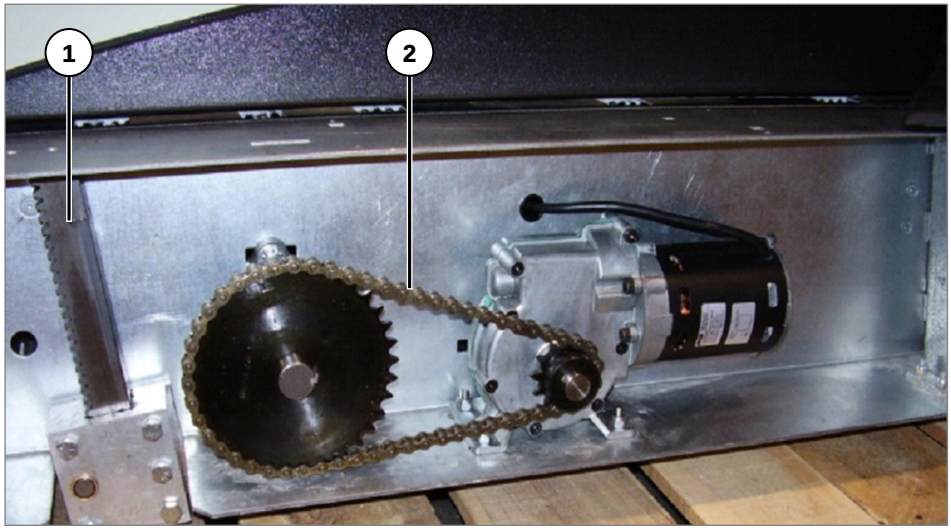


Fig. 68 Incline System

1. Incline toothed rack.
2. Incline chain.

Note Use a minimum amount of lubricant to prevent excess dirt and debris from sticking to the device after cleaning.

9.6 Adjusting and Calibrating

Incline System

The incline system with toothed rack and gear drive is used on WOODWAY treadmills. For systems with an incline of 15% to 25% similar components are used. They only differ with respect to the movement of the toothed rack.

Running Surface Belt

The running surface belt does not usually need adjustment. However, when the running surface belt or corresponding parts are replaced the belt tension must be checked.

Treadmill Support Feet

REQUIRED TOOLS: LEVEL, WRENCH

When the treadmill wobbles or seems unstable, the support feet must be checked. Check both ends of the treadmill with a level. Loosen the locknut and turn the foot until the correct height is reached. Retighten the locknut.

Note When the treadmill is moved the frame may bend. If the treadmill seems to wobble, press down on the railing on either side. This can realign the railing without making a support foot adjustment necessary.

9.7 Troubleshooting

If you have problems with your treadmill, please consider the answers to the following questions before calling customer service:

- What are the make and model and what is the serial number?
- What happened before the problem occurred?
- Did the problem occur suddenly or slowly over time?
- Was the treadmill in use when the problem occurred?
- Was the running surface ENGAGED or is it in DYNAMIC MODE?
- Explain all the other information that you consider relevant.

No Display

If the display is not lit when you turn the treadmill, check the following points:

- Mains input fuse - replace if defective.
- Electrical outlet is working.
- Check outlet with other device (radio, fan etc.). Check main fuse or circuit breaker, use another outlet.
- Is the treadmill connected to the power source?
- Is the safety magnet applied and in the proper position? Try placing it in another location. Check all circuit board connections.

Running Surface Does Not Move

- Is the safety magnet activated?
- Does the display function properly?
- If the display and/or the incline are working, unplug the treadmill and wait at least 60 seconds before reconnecting it to a power supply.

RUNNING SURFACE BELT IS STUCK / IS HARD TO MOVE

- First, determine whether the display is lit and/or whether the incline system works. This information will help our service technicians to determine where the cause of the problem could be.

RUNNING SURFACE BELT IS STUCK

- Check for any obstacles, and remove them if possible.

Incline Does Not Function

- Check whether incline motor makes noises (brake stuck/motor has stopped).
- Check whether the incline limit switch has been tripped.
- Check whether the chain is broken or has slipped from the sprocket.
- Check whether the potentiometer is set properly.

Irregular or Flashing Display

- Probable causes: low line voltage; excessive load on the line.
- Ensure that the treadmill is connected to a separate power line.
- The power supply for the display on the interface card is defective.

Squeaking Sounds

- Loud bearing. Contact customer service to replace bearing.
- Toothed belt rubs against the guide roller, try greasing the edge of the belt with a universal lubricant.
- Running surface belt rubs against the guide roller; try lubricating the teeth on the drive axle and let the running surface run slowly for a few minutes, so that the grease is evenly distributed. (NOTE: Excessive grease causes clotting and collecting of dust).
- Check whether a guide roller or a roller bearing on the carrier rail is broken and contact customer service if necessary.

10 Disposal Notice

Electrical and electronic devices must be disposed of separately from normal household waste.

An appropriate waste disposal company should be contacted. Properly dispose of the device at the end of its service life (e.g. the local collection point for waste separation):

- The device packaging is disposed of through resource recycling.
- The metal parts of the machine go to scrap metal disposal.
- Plastic parts are given to plastic recycling.
- Rubber parts are disposed of as hazardous waste.

The disposal of the equipment must be in accordance with the respective national regulations.

Wear parts are considered hazardous waste! After being replaced wear parts must be disposed of according to country-specific waste laws.

Do not put batteries into the house waste after use. Dispose of them at a battery collection point.

11 Maintenance Report

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